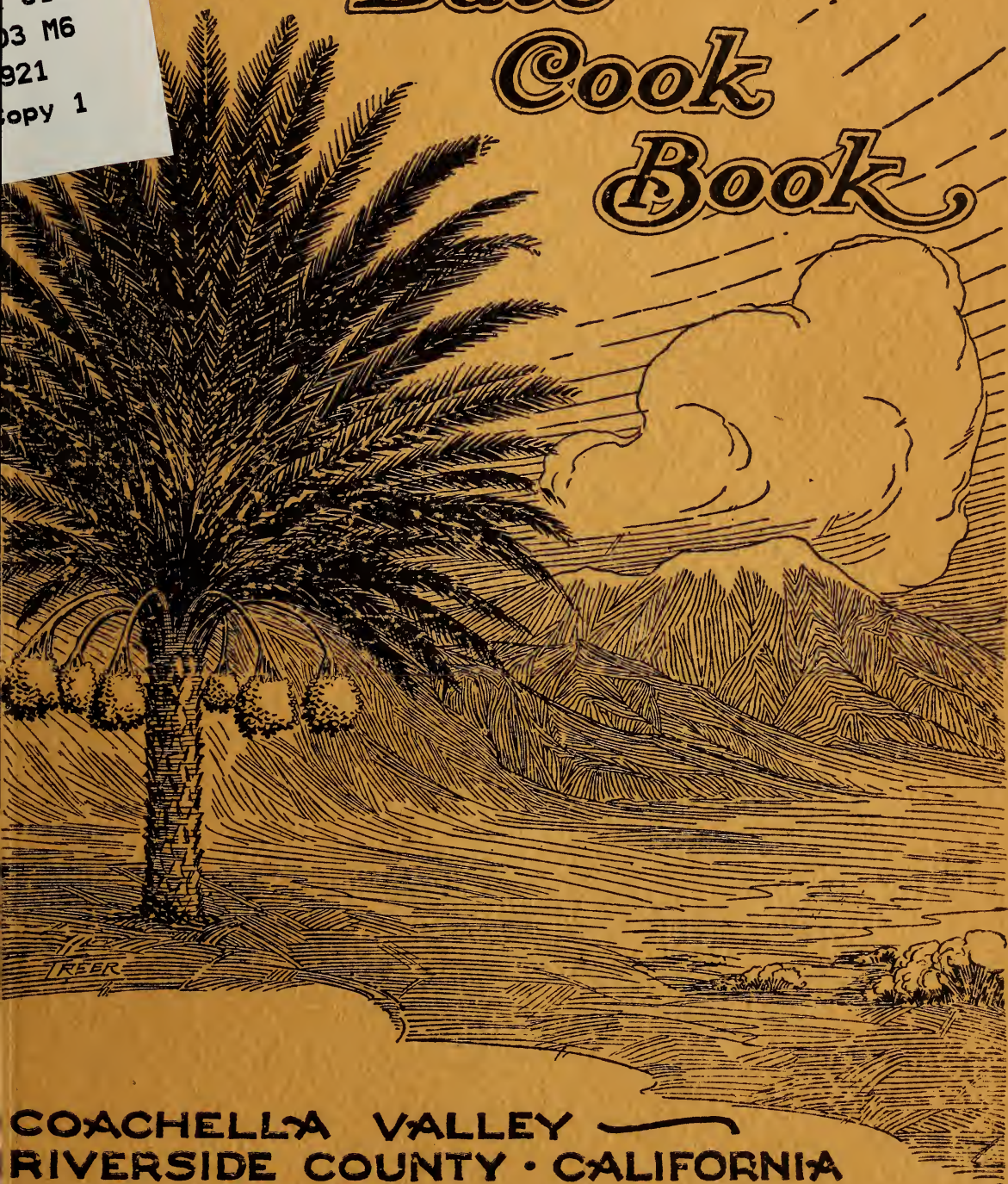
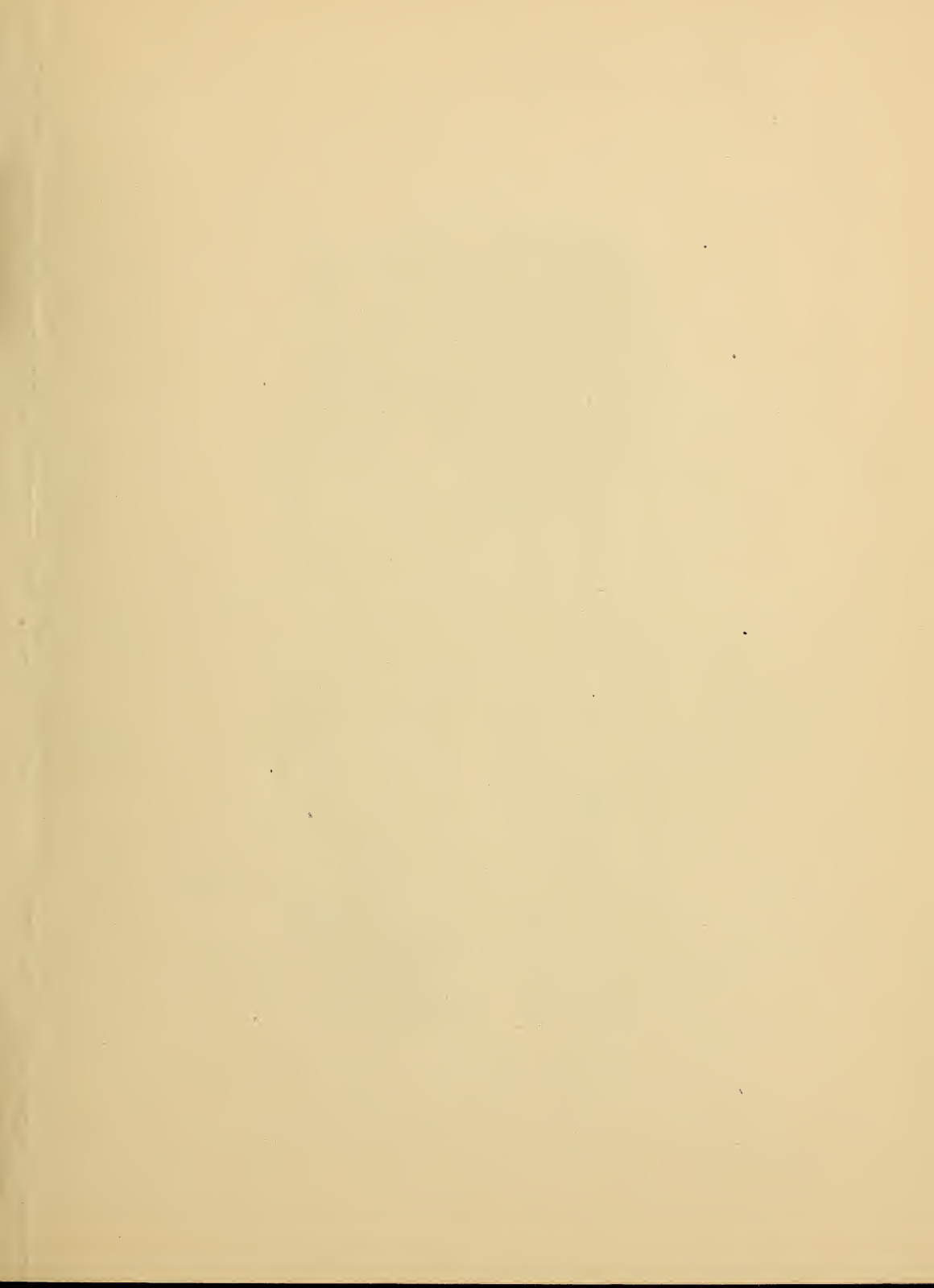


813
03 M6
921
copy 1

Date Cook Book



COACHELLA VALLEY —
RIVERSIDE COUNTY • CALIFORNIA



INTERNATIONAL

Festival of Dates

OCTOBER
21-22-23
1921

INDIO
CALIFORNIA

WHERE
DATES GROW



ALL "THE WISE MEN" ARE GOING.

DATE COOK BOOK

INTERNATIONAL FESTIVAL OF DATES,
SOUVENIR EDITION


Compiled by
MAY SOWLES METZLER

To
The Women of Coachella Valley,
my friends and neighbors,
whose encouragement and assistance in the giving of
recipes have helped to make this manual
of date cookery a success,
this book is dedicated

*Coachella, Calif., Coachella
Valley submarine, 1921*

TX 813
D₃ M₆
1921

Copyright
1919, 1921


© CIA 629575

NOV 14 1921

no 1

PREFACE

It is fitting that a Date cook book should originate in Coachella Valley, the American home of the Date.

I feel that the time is not far distant when Dates will be used universally, both in the fresh state and in the various modes of cookery. By the use of Dates the consumption of sugar is lessened, as will be seen by the facts that in the following recipes a number need no sugar, and others require a smaller amount than as if Dates were not used. However, although the compilation contains many of the so-called "Fancy dishes," a still larger number of simple and wholesome rules can be found in its pages.

Dates are a product which lend themselves to perhaps a greater variety of uses than any other one article of food; and, consequently, I trust a book devoted exclusively to Dates will find favor with all those who desire a more extended acquaintance with this most delicious fruit.

It is a pleasure to record obligations to Dr. J. H. Kellogg of Battle Creek Sanitarium, from whom I received some of the ideas used in the article on the "Food Value of Dates." I am also indebted to Mr. Paul B. Popenoe, who spent two years in the old world Date regions, for the recipes of Arabian cookery. M. S. M.

The art to cook can reach a high degree,
It greatly aids in hospitality;
The home is blessed where wholesome food is served;
Where families feast, and guest plates are reserved;
Where skill is shown in combinations rare,
And health results from food prepared with care;
Where pleasure flows as water runs in streams,
And happiness from all the faces beams;
But added joy is felt within these gates,
'Tis when the hostess serves the luscious Dates.

—May S. Metzler.

FOOD VALUE OF DATES

It is only within recent years that Dates have been grown in the United States. Heretofore the only ones obtainable were imported from the countries along the North African coast, and from Persia and Algeria. Now that they are grown commercially in Coachella Valley, California, and packed under cleanly American conditions, there no doubt will be a great future for the industry, which, although now in its infancy, is well past the experimental stage.

Dates are rich in health producing food. In proof of this assertion we have only to call attention to the people of Messopotamia, who subsist on nothing but Dates and nuts, and live to a healthy, ripe old age, many of them attaining one hundred and twenty-five years.

The American people are large consumers of sweets, and are suffering from an excessive use of cane sugar, which is irritating and difficult to digest. Where too free use is made of cane sugar, one is certain to suffer from a deficiency of lime, iron and vitamins, and, as a result, is likely to be anemic, to feel muscular weakness, and unhealthy state of the bones and decay of the teeth. Therefore, it is desirable that the consumption of cane sugar be lessened, and that we substitute Dates, which contain invert sugar; that is, sugar which does not have to be digested, and is ready for immediate utilization by the body. Sugar is the fuel of the body, and this fact gives to Dates an additional advantage, because

their invert sugar can be the fuel of the body without the process of digestion.

The Date is more than a substitute for sugar; it is a whole food. It contains other important food elements beside sugar; protein for tissue building, iron for the blood, lime for the bones and vitamine, an important food constituent necessary for nutrition and to stimulate development in the young. One pound of Dates has a caloric value of 1275. Its caloric content is one and two-thirds that of sirloin steak and nearly five times that of potatoes. It is rich in healthfulness and energy producing power and should be freely eaten by both old and young.





BREAD



BISCUITS, MUFFINS, ROLLS, GEMS, ETC.

“Would you know how first he met her?
She was cutting bread and butter.”

—Goethe.

BRAN BREAD

- | | |
|---|--------------------------------------|
| 1 cup white flour | $\frac{1}{4}$ cup shortening, melted |
| 1 cup wholewheat flour | 1 egg well beaten |
| $1\frac{1}{2}$ cups bran | $1\frac{1}{2}$ cups milk |
| $\frac{1}{2}$ cup molasses mix with $\frac{1}{2}$ teaspoon soda | 6 teaspoons baking powder |
| 1 teaspoon salt | 1 large cup Dates with seeds removed |

Mix all together, put in small bread pan and bake about $1\frac{1}{4}$ hours.

CORN BREAD (no sugar)

- | | |
|---------------------------------|------------------------------|
| 1 cup cornmeal | $\frac{1}{2}$ teaspoon salt |
| 1 cup white flour | Scant cup milk |
| 4 teaspoons baking powder | 2 eggs |
| $\frac{1}{2}$ cup chopped Dates | $\frac{1}{4}$ cup shortening |

Mix and sift dry ingredients. Add milk slowly, egg well beaten, and butter. Lastly add Dates, and bake in a greased shallow pan in a quick oven.

DATE BREAD

- | | |
|-------------------------|---------------------------|
| 2 cups chopped Dates | 2 cups milk |
| 4 cups flour | 1 teaspoon salt |
| 1 egg | 4 teaspoons baking powder |
| $\frac{1}{2}$ cup sugar | |

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

Sift dry ingredients, add egg well beaten, Dates and milk. Mix well together, let stand twenty-five or thirty minutes and bake in a moderate oven for forty-five minutes.

DATE BREAD (with Yeast)

1 cup warm left over cereal	2 tablespoons shortening
3 tablespoons brown sugar	$\frac{1}{4}$ cake yeast or a small
A little salt	amount liquid yeast
Flour	$\frac{1}{4}$ cup warm water

Mix cereal, sugar, salt and shortening, add yeast cake dissolved in the warm water, and flour to knead. Let rise over night. In the morning when kneading, work in $\frac{1}{2}$ cup of English walnut meats and $\frac{1}{2}$ cup of Dates both cut in small pieces. Shape in a loaf, let rise, and bake in a moderate oven. This bread is very good for sandwiches.

GRAHAM DATE GEMS (no sugar)

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ teaspoonful soda
1 pound shredded Dates	$1\frac{1}{2}$ cups Graham flour
2 eggs	Nutmeg to flavor
1 cup sour milk	

Bake in gem pans. A wholesome brown bread.

STEAMED BROWN BREAD

2 cups yellow corn meal	$1\frac{1}{2}$ pints warm water or
1 cup rye or Graham flour	milk
1 teaspoonful salt	1 cup raisins
1 teaspoonful soda	1 cup Dates, chopped
1 cup very dark molasses	

Put in a greased mould and steam two or three hours, either on stove or in fireless cooker.

STEAMED DATE BREAD

Into a bowl put $1\frac{1}{2}$ cups	2 cups Dates which have
cornmeal	been steamed and rubbed
1 cup rye meal	through a sieve
$\frac{1}{2}$ cup flour	1 teaspoon salt
1 teaspoonful baking powder	1 teaspoon soda
1 cup each milk and water	$\frac{1}{2}$ cup syrup

Pour into a large well greased mould, cover and steam 5 hours. May be cooked in a fireless cooker, or if steamed in smaller moulds, will not require as long a steaming.

WHITE DATE LOAF (No Sugar)

3 cups flour	1 teaspoonful salt
3 cups chopped Dates	3 teaspoons baking powder
1 cup chopped nuts	3 tablespoons shortening
2 cups milk	

Mix well, put in a bread pan and bake 1 hour.

BISCUITS

Put 2 cups flour in a pan, and work into it $\frac{1}{4}$ cup shortening, 1 teaspoonful salt, 5 teaspoonfuls baking powder, and $\frac{1}{2}$ cup cut Dates. Wet with 1 cup rich sweet milk, and if more flour is needed, add until just stiff enough to handle. Roll to the usual thickness, and bake in a quick oven.

BUNS

1 cup scalded milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup Dates stoned and cut
$\frac{1}{4}$ cup sugar	in pieces
1 yeast cake dissolved in $\frac{1}{4}$ cup lukewarm water	1 teaspoon lemon extract
	Flour

Add $\frac{1}{2}$ cup sugar and salt to milk; when lukewarm add dissolved yeast cake and $1\frac{1}{2}$ cups flour; cover, and let rise until light; add butter, remaining sugar, dates, lemon and flour to make a dough; let rise, shape like biscuits, let rise again and bake. If wanted glazed, brush over with beaten egg before baking.

DATE BRAN MUFFINS

2 cups bran	3 tablespoons molasses
1 cup flour	$1\frac{1}{4}$ to $1\frac{1}{2}$ cups sour milk
1 teaspoon soda	1 cup chopped Dates
$\frac{1}{4}$ cup butter	1 teaspoonful salt

Mix dry ingredients, rub in the butter with the tips of fingers, add molasses and sour milk and the chopped Dates

first rolled in flour. Put into hot muffin tins, and bake in hot oven. 1 unbeaten egg stirred in thoroughly at the last improves it greatly. Sweet milk may be used, with 3 teaspoons baking powder, instead of sour milk.

DATE MUFFINS (No Sugar)

$\frac{1}{3}$ cup butter	$\frac{3}{4}$ cup of milk
1 egg, well beaten	2 cups flour
$\frac{1}{2}$ cut Dates cut into bits	4 teaspoons baking powder

Add Dates last, and beat well. Put in well greased muffin pans, and bake twenty-five minutes.

For Graham muffins use half Graham flour.

DOUGHNUTS

$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup finely ground Dates
$\frac{1}{4}$ cup butter	4 teaspoons baking powder
2 eggs, beaten separately	A dash of nutmeg
$\frac{1}{4}$ teaspoon salt	Flour enough to roll
1 cup milk	

Put together in the usual way, roll thin, cut in any shape desired and fry in deep fat. Drain on brown paper.

FRITTERS

1 cup flour	$\frac{1}{2}$ cup finely ground Dates
2 teaspoons baking powder	$\frac{1}{2}$ cup milk
1 tablespoon melted butter	A little salt
1 teaspoon lemon extract	1 egg

Mix and sift dry ingredients. Beat egg, and add to it the milk; add the liquid to the dry ingredients; then add flavoring and Dates, mixing thoroughly through the dough. Drop by spoonfuls, fry in deep fat and drain. Serve with lemon sauce.

FRUIT CORN MUFFINS

$1\frac{1}{2}$ cups yellow cornmeal	2 eggs (1 may be used when scarce)
$\frac{1}{2}$ cup white flour	2 cups sour milk
1 teaspoon salt	1 cup semi-dry Dates, cut fine
2 teaspoons baking powder	
1 teaspoon soda	
1 tablespoon shortening	

Pans must be well heated, and greased with 1 tablespoon shortening. Bake in muffin pans in a hot oven for twenty minutes.

GRIDDLE CAKES

Make griddle cake batter in the usual way, and bake in large round cakes on a well greased griddle. As each cake comes from the griddle, spread with butter, then with Date paste (made by putting soft Dates through a grinder). Pile from four to six cakes, one on top of another, slice pie shaped and serve hot. Nice either for breakfast or as a luncheon dish.

WAFFLES

1½ cups thick sour milk	About 2 cups flour (just
½ cup sweet milk	white flour may be used or
3 tablespoons shortening, or	it may be mixed with any
thick sour cream	other kind, such as Gra-
¾ teaspoons soda	ham)
1 teaspoon salt	2 eggs beaten separately
1 teaspoon baking powder	1 cup ground Dates

Sift flour, salt and baking powder in a bowl, add milk in which soda has been dissolved, yolk of egg, shortening, Dates and egg whites. Cook in hot well greased waffle irons. Serve with butter and syrup.

SOUTHERN WAFFLES

1½ cups corn meal mush	½ teaspoon salt
1½ cups milk	2 eggs
¼ cup ground Dates	3 tablespoons shortening
3 teaspoons baking powder	3 cups flour

Add milk to mush, then dry ingredients, mixed, yolks of eggs, shortening and whites of eggs beaten stiff. Cook in waffle irons.

SCHNECKEN

1 pound of bread dough, add 2 eggs, $\frac{1}{4}$ cup butter and $\frac{1}{4}$ cup sugar. Mix well and add flour to stiffen. Roll thin, and spread with melted butter, cinnamon, chopped Dates, sugar and a little citron. Roll, cut and place in a baking pan. Let rise till very light, then put a small piece of butter on each, and sprinkle with a little powdered sugar. Just before putting in the oven, pour a very little boiling water about the cakes. Bake in a moderate oven in a well greased pan.



PUDDINGS



"One thing is always sure to please,
Just give him puddings such as these."

APPLE PUDDING

Wash and soak $\frac{1}{2}$ pound dried apples (fresh ones may be used). Stone $\frac{1}{4}$ pound of Dates and cut each one in thirds. Put fruit in saucepan with 1 tablespoon of butter, half a cup of brown sugar and 1 teaspoon ground cinnamon. Stew slowly till tender. Turn out to cool. Sift $\frac{1}{2}$ pound of flour into a basin, cut into it 4 tablespoons butter, add 2 tablespoons sugar, 1 teaspoonful baking powder and $1\frac{1}{2}$ teaspoonfuls ground cinnamon. Make into a stiff paste with the beaten yolk of 1 egg and a little milk. Divide into one large and one small piece. Roll out and line a pudding dish with large piece of dough, put in fruit and cover with small piece of dough. Bake in a moderate oven for three-quarters of an hour. Cool and cover with meringue.

BREAD PUDDING (No Sugar)

2 heaping cups stale or fresh bread, cut in dice	1 teaspoon vanilla
1 heaping cup Dates ($\frac{1}{2}$ lb.)	2 teaspoons baking powder
$1\frac{1}{2}$ cups thin cream ($\frac{3}{4}$ pint)	$\frac{1}{2}$ cup blanched almonds, cut or not as you please
1 egg, beaten	

Mix well, and cook in a double boiler forty minutes.

DATE BREAD PUDDING

Soak 1 cup of bread crumbs in 2 cups of milk for fifteen minutes. Stir in $\frac{1}{2}$ cup of sugar, 3 eggs, well beaten, $\frac{1}{4}$ cup

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

of chopped suet, a pinch of salt, $\frac{1}{2}$ teaspoonful each cinnamon and nutmeg, 1 cup chopped Dates. Grease a plain, tight topped pudding mould, pour in pudding and cook in a kettle of boiling water for three hours. Serve with hard sauce.

BROWN BETTY (No Sugar)

Grease a pudding dish, and put in it alternate layers of bread crumbs and tart apples and Dates mixed. Make enough layers to nearly fill dish, having bread crumbs for first and last layers. Pour hot water on to moisten, dot with bits of butter and bake. Serve with cream or a good pudding sauce.

CARROT PUDDING

1 cup grated raw potato	1 cup chopped Dates
1 cup grated raw carrot	$1\frac{1}{2}$ cups flour
1 cup chopped suet	$\frac{1}{2}$ cup sugar
1 cup raisins	
1 teaspoon each of soda, salt and allspice; soda dissolved in 2 tablespoons milk	

Steam $3\frac{1}{2}$ hours and serve with "Brown Sauce."

CHOCOLATE PUDDING

1 cup bread crumbs boiled in	4 tablespoons melted chocolate
1 quart milk	
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup cut Dates
Yolks of 2 eggs	$\frac{1}{4}$ cup nuts

Bake till set, then use well beaten whites with a little sugar for frosting. Brown in oven.

DATE PUDDING NO. 1

$\frac{1}{2}$ pound of Dates	$\frac{1}{2}$ teaspoon soda
3 tablespoons butter	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup of syrup	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup sweet milk	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{2}{3}$ cups flour	$\frac{1}{2}$ teaspoon allspice

Stone Dates, and cut in small pieces. Melt butter, add molasses and milk. Mix dry ingredients together and sift.

Add to liquid. Lastly stir in Dates. Turn in a buttered mould, and steam $1\frac{1}{2}$ hours. Serve with any good pudding sauce.

DATE PUDDING NO. 2

Mix 2 cups bread crumbs, 1 cup flour and $1\frac{1}{2}$ cups chopped suet, 2 cups Dates, cut in pieces, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder. Mix well and add 2 eggs beaten in $\frac{1}{4}$ cup milk. Put into a well greased mould and steam three or more hours. More steaming makes it darker and better. Serve hot with cream or sweet sauce. Makes a good christmas pudding, or to serve at any time in place of plum pudding.

DATE SOUFFLE

1 cup stoned Dates ground fine, $\frac{1}{2}$ cup powdered sugar, yolks of 3 eggs, beaten till light. Beat all together until very light, then fold in carefully the well beaten whites of 3 eggs. Turn into a baking dish, buttered and dusted with powdered sugar, and bake in a hot oven until well puffed and brown. Serve immediately with cream.

ECONOMICAL DATE PUDDING

Soak about 2 cups stale bread in hot water for half an hour, then squeeze the water from it through a strainer. Mix with it $\frac{1}{2}$ pound stoned and cut Dates. Grease a pie pan and put the above mixture in it, shaping nicely to the pan. Now take 1 egg, beat well, add $\frac{1}{2}$ cup milk and 1 tablespoon sugar. Pour over the bread and Dates, and add a little grated nutmeg on top. Can be used hot or cold, with any preferred sauce. Bake till custard is set.

OATMEAL BETTY

2 cups cooked oatmeal	$\frac{1}{2}$ cup syrup
4 cups apples cut small	$\frac{1}{2}$ cup Dates
$\frac{1}{4}$ teaspoon cinnamon	$\frac{1}{4}$ cup sugar

Mix and bake for one-half hour. Serve with cream.

QUICK GRAHAM PUDDING (no sugar)

Boil 1 quart of water, add 1 teaspoonful salt and drop in slowly, stirring constantly enough Graham flour to make a moderately thick mush. Continue cooking and stirring occasionally for about half an hour. A few minutes before removing from the fire, add 1 cup stoned and cut-up Dates. Serve hot with cream. Easy to make and good.

RICE AND DATES (no sugar)

Wash well one cup of rice, and boil ten minutes in slightly salted water. Drain, turn into a double boiler, add one cup of milk and cook until the milk is absorbed. With a fork stir in lightly one cup of stoned Dates cut fine, let stand five minutes and serve hot with cream as a luncheon dessert. If liked sweeter, a syrup may be used as sauce.

RICE PUDDING (without sugar or eggs)

6 tablespoons of rice	1 teaspoon salt
2 quarts milk and 2 table- spoons thick sweet cream	1 cup Dates, stoned and cut in small pieces

Bake very slowly for three hours. Serve with cream. Makes a large pudding.

ROLY-POLY APPLE AND DATE PUDDING (no sugar)

Pare, core and slice cooking apples, and stone and halve a few Dates. Make a rich biscuit dough. Roll out not quite half an inch thick, lay the fruit on the paste, bring edges together, wrap in a pudding cloth, which has been well floured, tie up and plunge into boiling water, and boil two hours. Serve with sweet sauce. In tying bag, leave room to swell. This pudding may be steamed instead of boiled.

RUBIDOU PUDDING

2 eggs, well beaten	1 cup chopped nuts
1 cup sugar	1 teaspoon baking powder
1 cup chopped Dates	$\frac{1}{3}$ cup flour or 4 tablespoons of cracker crumbs
A pinch of salt	

Steam in individual moulds for an hour, or bake as preferred. Serve with either whipped cream or ice cream. An extra fine pudding.

SAINT MARY'S DATE PUDDING

1 cup Dates, ground	2 eggs beaten together
½ cup chopped nuts (English walnuts or almonds)	1 tablespoonful flour

Bake in a slow oven in a greased pudding dish. Serve either with a frosting on top or with whipped cream.

SEVEN CUP PUDDING

1 cup grated bread	1 egg
1 cup sugar	1 cup flour
1 cup milk	1 cup chopped suet
1 cup currants or raisins	1 teaspoon cinnamon
1 cup Dates	½ teaspoon soda

Mix all dry ingredients together, then add milk. Steam two hours. Serve with "Easily made pudding sauce."

SIMPLE FRUIT PUDDING (no sugar)

Beat yolks of two eggs with ¼ cup sugar, until light; add 1 tablespoonful softened butter and ½ cup milk. Sift together 1 cup flour, a little salt and 2 teaspoonsfuls baking powder; stir this in, then fold in the well beaten whites, and 1 cup cut Dates. Turn in individual cups and steam one hour. Serve with "Yellow Sauce" or "Chocolate Sauce."

STEAMED CHOCOLATE PUDDING

Beat the yolks of three eggs till lemon colored and thick. Add gradually ½ cup sugar and continue the beating, add 3 tablespoons sweet milk and 1 cupful of flour and beat until smooth. Add ½ cup chopped Dates. add the well beaten whites of those eggs and 2 teaspoonsful baking powder. Turn into greased cups, filling half full, and steam twenty minutes. Serve with a vanilla flavored pudding sauce. "One Egg Sauce" would be good with this pudding.

STEAMED DATE PUDDING

$\frac{1}{2}$ cup sugar	2 cups flour
$\frac{1}{2}$ cup butter	4 teaspoons baking powder
1 egg	$\frac{1}{2}$ cup finely cut Dates
Scant cup milk	

Mix Dates with a little flour before adding to dough. Steam 1 hour. Serve with either whipped cream or hard sauce.

STEAMED GRAHAM PUDDING

1 cup Dates	$\frac{1}{2}$ teaspoon salt
1 cup sweet milk	2 teaspoons baking powder
2 cups Graham flour	1 teaspoon each of cinnamon,
1 egg	cloves and nutmeg

Mix well and steam 3 hours. Serve with "Date Sauce."

STEAMED INDIAN PUDDING

Put in a sifter $\frac{1}{2}$ cup Indian meal $\frac{1}{2}$ cup flour, 1 teaspoon salt and 1 teaspoonful soda. Sift three times. Mix $\frac{1}{2}$ cup suet, $\frac{1}{2}$ cup syrup, and add $\frac{1}{2}$ cup sour milk. Gradually add dry ingredients to this mixture and beat well all together. Add 1 cup Dates, well floured. Butter mould and steam two hours or more, then place in the oven until dry outside. Serve with maple sugar and cream.

YIDDISH DATE PUDDING

1 pound Dates	1 envelope gelatine
Juice of 1 orange	$\frac{1}{2}$ cup of water
1 cup whipping cream	$\frac{1}{4}$ cup sugar
1 teaspoonful vanilla	1 cup boiled rice

Soften gelatine in cold water, then dissolve over hot water. Chop Dates, cover with orange juice. Add rice, sugar, vanilla, then dissolved gelatine. Lastly fold in the whipped cream. Pour in a cold wet mould, and set in a cold place to harden.

PUDDING SAUCES

"Hunger is the best sauce."

BROWN SAUCE

1 cup sugar
1½ cups water
1 teaspoonful vanilla

Butter the size of a small egg
2 tablespoons flour

Put sugar and flour in a skillet, mix well and place over the fire to brown, stirring continually as it burns easily. When melted add the water, and let cook until smooth. Remove from stove and flavor.

CHOCOLATE SAUCE

1 pint of milk
2 squares chocolate
¾ cup powdered sugar
2 eggs

1½ tablespoons cornstarch
3 tablespoons hot water
1 teaspoonful vanilla

Heat nearly all the milk, reserving a little to mix with cornstarch. Cook about five minutes, in a double boiler. Melt chocolate over hot water, add 4 tablespoonfuls sugar and the hot water, stir until smooth, then add to cooked mixture. Beat the whites of the eggs and add to them the powdered sugar, still beating, then add the unbeaten yolks, and stir into the cooked mixture, cook a minute and add vanilla.

DATE SAUCE

1 cup Dates chopped fine
¼ cup sugar
1 egg

2 cups hot water
Butter the size of an egg

Mix all together, and boil a little.

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

EASILY MADE PUDDING SAUCE

Mix 1 tablespoonful flour with $\frac{1}{2}$ cup sugar. Add $\frac{1}{2}$ pint boiling water. Boil a moment, and pour while hot over 1 egg well beaten. Season with lemon or vanilla.

FRUIT SAUCE (no sugar)

$\frac{1}{4}$ cup mashed strawberries	Sweet cream
1 large banana	3 tablespoons of ground
2 tablespoons chopped nuts	Dates
White of 1 egg	

Mash the fruit, and add nuts. Beat white of egg till stiff, add fruit and continue beating till stiff. Thin to the desired consistency with thin sweet cream. If greater sweetness is desired, use more Dates.

HARD SAUCE

1 cup powdered sugar	$\frac{1}{2}$ teaspoon each of lemon
$\frac{1}{3}$ cup butter	and vanilla

Cream butter, add sugar, then flavoring.

Date Hard Sauce is made by adding $\frac{1}{2}$ cup of finely ground Dates to above mixture.

LEMON OR ORANGE SAUCE

1 tablespoon cornstarch	1 cup boiling water
A few gratings of lemon rind	2 tablespoons butter
$\frac{1}{2}$ cup sugar	2 tablespoons lemon juice
Few grains of salt	A few gratings of nutmeg

Mix cornstarch, lemon rind and sugar; add water gradually, stirring constantly, and boil five minutes. Remove from fire, add butter, lemon juice and shortening.

Orange Sauce may be made by using orange rind instead of lemon, and orange juice with a little lemon juice.

ONE EGG SAUCE

Yolk of 1 egg	1 cup sugar
$\frac{1}{2}$ cup butter	2 tablespoons cornstarch

Pour over this 1 pint boiling water. Stir and cook till it

thickens, then add 1 tablespoonful vinegar, 1 dessertspoon vanilla. Pour over the well beaten white of 1 egg.

VANILLA SAUCE

Beat yolks of 4 eggs, add 4 tablespoons sugar and 1 pint milk. Allow to come to a boil, stirring continually. Remove from the stove, and add $\frac{1}{2}$ teaspoonful vanilla.

YELLOW SAUCE

Beat the yolks of 2 eggs until thick, and add gradually $\frac{1}{2}$ cup powdered sugar.

Beat the whites of two eggs until stiff, and add gradually $\frac{1}{2}$ cup powdered sugar.

Combine the two mixtures, and flavor with vanilla. Add a pinch of salt.

GOLD DESSERTS

"An't please your Honour," quote the peasant,
"This same dessert is very pleasant." — Pope.

BAKED APPLES (no sugar)

Take the cores out of good cooking apples, and fill the openings with finely chopped Dates.

Bake, after adding a little water, and serve, either hot or cold, with cream.

Pears can be served in the same way.

BOILED CUSTARD (no sugar)

$\frac{1}{2}$ pound Dates cut in small pieces.

Add 1 pint of milk and a pinch of salt.

Cook in a double boiler till thick. This will require nearly an hour.

CEREAL CUSTARD PUDDING (no sugar)

1 cupful of left over cooked cereal	Dates 1 tablespoon of corn syrup
1 cupful of milk	1 egg
A sprinkling of salt	

Mix the beaten egg, milk, syrup and salt; combine with the cereal; add the Dates, and bake as a custard.

COCOANUT AND DATE PUDDING (no sugar)

1 cup dessicated cocoanut	1 egg
$\frac{1}{2}$ pound of Dates	1 pint of milk

Stone Dates, and then fill a shallow pudding dish with alternate layers of cocoanut and dates; beat the egg well,

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

adding milk, and pour this over the contents of the dish.
Bake in a moderate oven till a nice brown.

COFFEE DATE PUDDING

1 envelope gelatine	$\frac{1}{2}$ pound seeded and chopped
$\frac{1}{2}$ cup cold water	Dates
1 pint boiling coffee	$\frac{1}{2}$ cup walnut meats
$\frac{1}{2}$ cup sugar	

Soak gelatine in the cold water for a few minutes then add the hot coffee and sugar. Just when it begins to harden add the Dates and nuts. Serve with whipped cream.

DAINTY SPONGE CAKE

(A most delicious and light pudding, especially for children.)

1 egg, its weight in granulated sugar, and three quarters its weight in flour, 1 teaspoonful baking powder.

Beat egg, add sugar and then beat again; next gradually stir in the flour and baking powder; add 1 dessertspoon of milk, and beat well for three or four minutes. Pour into a well greased baking tin, and bake in a quick oven for twenty minutes. Serve hot or cold with "Stewed Dates."

DATE BAVARIAN CREAM (no sugar)

1 pint whipping cream	1 envelope gelatine
1 cup milk	1 cup ground Dates

Soak gelatine in $\frac{1}{2}$ the milk, whip cream stiff; boil remaining milk and add gelatine. Let cool, then beat till it begins to thicken; stir in whipped cream and Dates, mix well and pour into a mould. Serve with whipped cream heaped around.

DATE BLANC-MANGE (no sugar)

$1\frac{1}{2}$ pints of milk	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ tablespoons of corn or maple syrup	3 tablespoons of cornstarch
	$\frac{1}{2}$ teaspoon vanilla

12 seeded Dates, cut up small

Mix the cornstarch with $\frac{1}{4}$ cup milk. Heat the remaining milk in a double boiler, add cornstarch, syrup, Dates and

salt, and stir until thick. Cover and cook for twenty minutes.

Add the vanilla, and pour into a dish to cool. Serves five people.

DATE CUSTARD (no sugar)

Scald $\frac{3}{4}$ cup of stoned and chopped Dates with 2 cups of milk. Let cool, then add 2 beaten eggs and a pinch of salt.

Pour into greased custard cups, set in a pan of hot water and bake gently till custard is firm.

DATE CRUMBLES

2 eggs, well beaten	1 tablespoon flour
1 cup of sugar	1 cup chopped walnuts
2 teaspoons baking powder	1 cup chopped Dates

Mix all together and spread on two greased pie tins. Bake in a very slow oven three-quarters of an hour. Crumble and serve in tall glasses topped with whipped cream, or mix with whipped cream and serve.

DATE DELIGHT (no sugar)

2 tablespoons of nut butter	1 pint of milk
2 tablespoons of cornstarch	2 eggs
3 tablespoons of honey	1 cup of chopped Dates
A few grains of salt	

Melt the butter; stir in the cornstarch and the honey, add the milk and the salt. Cook in a double boiler for twenty minutes; add the yolks of the eggs, and cook for five minutes. Remove from the fire; add to this the beaten whites of the eggs and the Dates. Place in custard cups for individual serving.

DATE FARINA CUPS (no sugar)

To 1 pint of milk, add $\frac{1}{2}$ teaspoonful of salt and $\frac{1}{2}$ cup of cut up Dates.

When boiling hot, add 6 tablespoonfuls of farina, stirring continually.

Cook until very thick, and flavor with 1 teaspoon lemon

extract. Pour into individual cups. When cold, turn out, and serve with lemon flavored custard sauce, and sprinkle thickly with chopped, blanched almonds.

DATE FLUFF DUFF

Stew 1 cupful of stoned Dates until tender, then put through a colander, and mix with 1 cup of sugar in which has been sifted 1 teaspoonful of cream of tartar. Beat thoroughly the whites of 5 eggs with a pinch of salt and, when perfectly stiff, add the yolks of 2 eggs and whip again. Now mix lightly, a little at a time with the Dates and sugar, and place in a buttered baking dish. Sprinkle over the top $\frac{1}{2}$ cup of finely chopped nuts, and bake for 15 minutes. Serve with cream, whipped or plain.

DATE JELLY

Three-quarter pound of dates. Stone, and boil in a little more than 1 quart of water. Strain through a fine strainer, rubbing through with a wooden spoon.

Boil syrup, adding as it thickens 3 tablespoons sugar, 1 ounce of gelatine, 1 wine glass of sherry, (fruit juice may be used) a little lemon juice and the grated rind.

Pour into a wetted mould, and garnish with shredded almonds.

DATES AND PEARS

Pare and core nice ripe pears and arrange on sauce dishes. Place Dates on the pears and serve with whipped cream.

DATE PUDDING (no sugar)

(A sugarless pudding which uses both syrup and sweet fruit.)

2 cups milk	3 tablespoons cornstarch
$\frac{1}{2}$ cup corn or maple syrup	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup seeded Dates cut up small	1 teaspoon vanilla

Mix the cornstarch with $\frac{1}{4}$ cup milk. Heat the remaining milk in a double boiler. Add cornstarch, syrup, Dates and salt; stir until thick. Cover and cook twenty minutes. Add the vanilla and pour into a dish to cool. Prunes are good in place of Dates. Serves five people.

DATE TID-BIT

Take fresh soft Dates, halve and seed. Place them on a helping of any flavor of ice cream, or orange sherbet, and cover the whole with whipped cream sprinkled with a few chopped nuts.

DATE TORTE

1 cup sugar	1 cup shredded Dates
3 eggs	$\frac{1}{3}$ cup chopped nuts
1 cup stale bread crumbs (toasted bread best)	1 teaspoon vanilla

Beat the yolks well, adding gradually the sugar, add crumbs, Dates, nuts and vanilla, then the stiffly beaten whites. Bake slowly in a moderate oven for thirty-five minutes. Serve with "Lemon Sauce."

DATE WHIP

1 pound Dates	$\frac{1}{2}$ cup sugar (powdered)
1 pint whipping cream	1 teaspoonful vanilla
1 cup Eng. walnut meats	

Stone Dates and cut in small pieces. Cut nuts in small pieces. Whip cream until stiff, add nuts, sugar and Dates. Flavor, chill and serve. Very nice.

DIVINITY PUDDING

9 tablespoons rolled cracker crumbs	$\frac{1}{2}$ pound Dates (latter two ingredients chopped, but not fine)
2 teaspoons baking powder	
2 cups sugar	6 eggs beaten separately, whites added last
2 cups English walnut meats	

Pour batter into a pan and have it not more than 2 inches

thick. Bake in a slow oven thirty minutes. Cut in squares and serve with whipped cream. Extra nice.

FLOATING ISLAND

1 pint of milk	1 scant tablespoon of corn-
$\frac{1}{2}$ cup of chopped Dates	starch
2 eggs	

Put Dates and milk in a double boiler and heat. Add cornstarch, mixed smooth with a little milk, and the yolks of eggs well beaten. As soon as the custard thickens, pour into a dish. Beat the whites stiffly, add a little sugar and orange flavoring, and drop in small portions on the custard. On the top of each "Island" put a half Date. Serve very cold.

FRUIT COCKTAIL

Use a large or small variety of cut up fruits, including Dates; sprinkle plentifully with sugar, and let stand till it chills. Serve in sherbet glasses. A nice beginning for a dinner.

FOOD FOR THE GODS

9 tablespoons finely rolled	1 lb. finely cut Dates
cracker crumbs	1 cup English walnuts
2 cups white sugar	6 eggs, beaten separately
2 teaspoons baking powder	Add whites last

Bake in a pudding dish slowly about half an hour. Serve with whipped cream.

FRUIT COMPOTE

5 oranges, cut fine	1 cup fresh Dates, cut
4 bananas, cut thin	1 cup walnuts
1 cup malaga grapes, cut	Juice of 1 lemon

Sprinkle with sugar and $\frac{1}{2}$ teaspoon cinnamon, and add whipped cream on top.

FRUIT DELIGHT

Use either fresh or canned pineapple, cut it $\frac{1}{4}$ inch thick and sprinkle with powdered sugar. Set aside to chill. Then

drain off the juice and arrange fruit on a serving dish. Place thin slices of banana on each piece, pile choice strawberries over the bananas, sprinkle well with sugar. On top of strawberries place a few Dates seeded and cut in halves. Pour juice drained from the pineapple over the whole and serve with whipped cream.

FRUIT JELLY

Soak 1 envelope gelatine in $\frac{1}{2}$ cup cold water till soft; add 1 scant pint boiling water, 1 cup sugar, juice of 1 small lemon and 1 cup of orange juice. Strain, and add all kinds of fruit, including Dates and a few nuts. Place on ice or where it is very cool, to harden. Serve with whipped cream.

HARLEQUIN

Cut marshmallows and put a layer in the bottom of a sherbet glass, then a layer of coarsely chopped walnuts, a layer of fresh cut Dates, and lastly pineapple, cut in dice. The pineapple must fill the dish. Place whipped cream on top with a cherry.

HIDDEN DAINTIES

Take sweet juicy oranges and cut crossways. Remove pulp and juice without spoiling shape of peel. Now make an orange jelly (a good rule is given under "Fruit Jelly") and fill half of the orange peels. Fill the other half of peels with

DATE CHARLOTTE RUSSE

made as follows:

2 cups of cream, whipped	a stiff froth
$\frac{1}{2}$ tablespoon gelatine	$\frac{1}{4}$ cup powdered sugar
$\frac{1}{2}$ cup hot milk	Flavor with almond and va-
Whites of 2 eggs beaten to	nilla

Dissolve gelatine in hot milk; whip cream, add sugar, egg and flavoring, and beat in the gelatine and milk last. It should be cool before it is added. Fill other part of orange

skins with this mixture, let harden and put a half of each kind together, tying with narrow white ribbon.

MARSHMALLOW PUDDING

One tablespoonful gelatine dissolved in a little cold water. Boil 1 cup sugar and $\frac{1}{4}$ cup water until it forms a soft ball when tried in cold water, add gelatine and stir just enough to mix it with syrup.

Beat the whites of 4 eggs to a stiff froth, add a pinch of salt, then pour over them slowly, beating continually, the hot syrup. Continue beating for some time, or until mixture begins to thicken, add 1 cup chopped Dates, then pour in a mould. Chill and serve with whipped cream sprinkled with chopped nuts.

Part of the pudding may be colored if liked, either with the pink tablet or chocolate. May be moulded in individual moulds or one large one.

ORANGE AND DATE JELLY

Simmer together $1\frac{1}{2}$ pints water, the juice of 1 lemon, the grated rind of 2 oranges, $\frac{1}{2}$ dozen Dates and a little nutmeg. Soak 1 tablespoonful of gelatine in 1 cup sweet cider, and when the water and fruit boils, add this with 1 cup sugar and the juice of 2 oranges.

Stir and strain, but keep warm, except 1 tablespoonful, which cool at once, and use in placing quarters and halves of Dates around the edge of a mould set directly on ice.

After these are firm, add more jelly and fruit in layers. Turn out when stiff, and surround with whipped cream.

SWEET FRUIT PUDDING

Heat 1 pint of milk.

Wet 6 level tablespoons cornstarch with a little cold milk. Stir this into the boiling milk, and cook until smooth.

Beat the whites of 4 eggs until stiff, add $\frac{1}{4}$ cup sugar, then beat into the pudding.

Stir well over the fire two minutes, then add 1 cup of dessicated cocoanut, or half a fresh one, and 1 cup seeded and chopped Dates. 1 teaspoonful vanilla.

Put in a mold and let chill, and serve with "Vanilla Sauce." Very nice.

TAPIOCA PUDDING (no sugar)

Soak 3 tablespoons tapioca in a little water till soft. Boil $1\frac{1}{2}$ pints milk and add tapioca. Put in the well beaten yolks of three eggs and 1 tablespoon cornstarch mixed with a little milk. Add $\frac{3}{4}$ cup Dates.

Let it just come to a boil, then pour into a dish to cool. Beat the whites of the eggs to a stiff froth, stir in a little powdered sugar, and put on the top of cream.

DATE MOOSE

1 cup of very soft Dates,	Grated rind of 1 orange
(measured after being put	2 cups of thick cream
through a grinder)	$\frac{1}{4}$ cup powdered sugar
1 tablespoon of orange juice	

Whip cream till stiff, add sugar and flavoring, then fold in the Dates. Pour in a mold, cover closely, and protect crack from salt and water with a strip of muslin dipped in hot grease. Pack in ice and salt, and let stand three or four hours.

DATE PARFAIT

1 pint of whipping cream	3 tablespoons water
4 eggs	$\frac{1}{2}$ pound ground Dates,
$\frac{1}{4}$ cup sugar	weighed after grinding

Boil sugar and water in a small dish until it just begins to "spin a thread," then pour over the well beaten eggs, beating continually. Let cool. Whip the cream, add Dates, and, with a fork, mix them well through the cream, add the egg and syrup and pour in a mould. Pack in ice and salt

and freeze about four hours. If small moulds are used (baking powder cans are good) not as long a time is required for freezing. Dip a narrow strip of muslin in melted grease, and stretch tightly around where the can and lid join to insure keeping salty water out.

FROZEN PLUM PUDDING

Chop fine $\frac{1}{2}$ cup each of Dates, preserved cherries, seeded raisins and citron. Add to this three tablespoonsful of grated chocolate and enough orange juice to cover. Place in a sauce pan, and simmer over the fire until a paste is formed. Be sure to stir frequently. Make a custard of 4 cups of milk, yolks of 4 eggs, and $1\frac{1}{2}$ cups of sugar. When custard is thick and smooth add to the fruit mixture with 2 cups of whipped cream flavored with vanilla. Put in a freezer, and when it is half frozen add the stiffly beaten whites of 4 eggs. Let stand two or three hours before using. Serve with whipped cream. A dish never to be forgotten.

ICE CREAM

1 quart thin cream	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{4}$ cup sugar	2 cups Dates

Stone and grind the Dates, let them soak a few hours in the cream, then add sugar and flavoring and freeze in the usual way.

TUTTI FRUITA ICE CREAM

2 cups milk	$\frac{1}{2}$ teaspoon salt
Yolks 5 eggs	1 tablespoon vanilla
$2\frac{1}{2}$ cups thin cream	$1\frac{1}{2}$ cups fruit cut in small pieces
$\frac{3}{4}$ cup sugar	

Make a custard of first four ingredients, strain and cool. Add the cream and flavoring, then freeze to the consistency of mush, add the fruit, and continue freezing.

May be served this way or put in a mould, packed in salt and ice and let stand 2 hours, then slice.

For fruit, use candied cherries, Dates, pineapple, figs, sultana raisins and citron, all, or a part of them.

CONFECTIONS

"Sweets to the Sweet"

BON-BON CREAM

5 pounds of sugar 1½ pints water
6 drops acetic acid

Put sugar and water in a kettle and set on a hot stove, stir till well dissolved. Just before it boils splash it up on the sides of the kettle to wash down the undissolved sugar, then wipe sides of the kettle with a damp cloth. Now put in acid, and cover and steam for a few minutes. Remove cover, and put in the thermometer, and cook to 240 degrees. Pour out and cool quickly. When perfectly cold, work it, and set away with a cloth over it wrung out of cold water.

Do not stir after it begins to boil.

Do not jar or move the kettle while the syrup is cooking.

Do not grease the kettle or slab on which the fondant is poured. Never put the scrapings with the main part, and do not move while cooling. Nice to use alone, or with other combinations to stuff Dates.

CANDY FRUIT CAKE

Use "Bon bon Cream, and melt in a double boiler any amount you care to make. Add chocolate, and melt with the cream; then add chopped Dates, raisins, currants, figs and nuts. Also a little cinnamon. Line a thin pasteboard box with wax paper, pour in the mixture. When cold, cut away box and slice.

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

CHOCOLATE DAINTIES

Put through a meat chopper $\frac{1}{2}$ cup each of Dates, figs and nut meats. Add 1 tablespoon orange juice and a little grated orange peel, and 1 square of melted sweetened chocolate.

Mould in balls and roll in chopped nuts or granulated sugar. This mixture may be packed in an oiled tin, put under a weight until firm, then cut in any shape desired.

CHOCOLATE DATES

Remove the seeds from the Dates, roll them up and coat with chocolate. Or, stuff these Dates with chopped hickory nut meats. Press firmly together and coat with chocolate. They are very fine.

Use confectioner's "Coating Chocolate," either sweet or bitter, which is preferred. If you cannot procure the coating chocolate, use the regular baking chocolate, and, after it is melted, add enough XXXX sugar to sweeten.

CHOCOLATE DOMINOES

$\frac{1}{2}$ cup each of pecan meats,	Grated rind of 1 orange
figs, English walnut meats	1 tablespoon orange juice
and Dates	1 square chocolate

Mix nuts and fruit, and put through a food chopper. Wet with the orange juice, mix in the grated rind, and roll in a ball. Lay on a baking board, which has been covered with sifted confectioner's sugar, and roll $\frac{1}{2}$ inch thick. Cut in shapes the size of a domino, and spread with melted chocolate. On top lay little rounds cut from blanched almonds to imitate dominoes.

CREAM NOUGAT

3 lbs. granulated sugar	1 pint condensed milk
1 pound glucose	1 pint of pure cream

Boil to a firm ball, take from the stove and cream by beating with a wooden spoon till light and creamy. Add

Dates, figs and nut meats. Flavor to taste. Use fruit coloring if desired. Mix well, cut in squares, and cover with chocolate which has been melted with some of the "Bon Bon Cream."

DATE BALLS

Put stone Dates through a meat chopper, roll in balls, and then in ground nut meats.

DATE BRITTLE

2 pounds sugar	Dates
$\frac{1}{2}$ pound glucose	Vanilla extract
2-3 pint water	

Put the sugar, glucose and water in a kettle and stir until it commences to boil. Wash down the sides of the kettle and steam. Put in the thermometer and cook to 275 or 280. Flavor with vanilla. Stir lightly because the syrup may turn to sugar. Pour on a greased slab which has been previously covered with cut Dates. When cold cut into small pieces.

DATE DELIGHT

2 cups light brown sugar	1 tablespoonful of butter
1 cup granulated sugar	1 teaspoon vanilla
1 cup milk	$\frac{1}{2}$ teaspoonful soda
1 cup chopped Dates	

Boil sugar and milk a few minutes, add butter and boil until a soft ball will form in water.

Add vanilla and Dates, beat till creamy, and pour into a buttered pan. Cut in squares.

DATES INSTEAD OF CANDY

To 2 cups Date pulp (which has been put through the finest knife of the chopper) use 2 large tablespoons nut butter. Mix thoroughly, knead a short time, then roll out an inch in thickness, and cut in tubes.

Roll in oiled paper. Will keep some time.

DATE KISSES

Whites of 4 eggs $\frac{2}{3}$ cup ground nuts
2 cups brown sugar Vanilla flavoring
1 pound chopped Dates

Beat the whites to a stiff froth, add sugar, then Dates, which have been cut very fine or ground, and weighed after stoning, then add nuts and vanilla. Drop from a teaspoon on lightly buttered baking sheets, and bake in a slow oven until slightly brown.

DATE TAFFY

1 pint thick Date syrup 2 tablespoons butter
1 cup brown sugar

Boil all together, stirring constantly, until it forms a hard ball when tried in cold water. Pour on a flat dish to cool, and, as soon as it can be handled, pull until cold. Cut in pieces of any desired size.

FRUIT PASTE

Use dried Dates and apricots.

Wash apricots and soak over night in enough water to cover. Pour off water, bring to a boil, pour over apricots, and let stand until cold. Put apricots and Dates through a meat chopper. There should be half a pint of fruit and juice.

Heat the fruit, and add 2 tablespoons gelatine, previously softened in a very little cold water. Stir well, and continue stirring until it begins to cool and thicken, then pour into an oiled dish to make a layer 1 inch thick.

Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers.

FRUIT TOFFEE

One pound loaf sugar, 1 cup water and 1 teaspoon cream of tartar. Boil till hard when tried in water.

Then take fruit, such as grapes, Dates, pieces of orange, or any other fruit and dip in the toffe while hot.

They will soon become hard.

FUDGE

2 cups sugar	4 tablespoonsful ground
1 cup milk	chocolate
1 teapoonful vanilla	1 cup of semi-dry Dates

Mix well the chocolate, sugar and milk, bring to a boil over a quick fire, and cook until a soft ball is formed in cold water. Set aside to cool, then beat. When ready to pour out, add Dates, cut up. This makes delicious frosting by adding cream, and beating until the proper consistency to spread.

HOLIDAY HASH

2 cups granulated sugar	$\frac{1}{2}$ cup golden corn syrup
$\frac{1}{2}$ cup of maple or brown sugar	1 cup water and a pinch of cream of tartar

Boil to the hard "soft ball" stage, add 1 teaspoonful of vanilla and pour over the stiffly beaten whites of 2 eggs. Have ready $\frac{1}{4}$ cup each of chopped Dates, candied cherries, citron and orange rind and $\frac{1}{2}$ cup of chopped or shredded cocoanut.

Beat the syrup till light and foamy, then stir in the fruit. Pour in a buttered tin, and mark off into squares.

PERSIAN SWEETS

1 pound of figs	1 pound of English walnuts
1 pound of Dates	Confectioner's sugar

Mix fruit with nut meats, and force through a meat chopper. Work with the hands on a board dredged with confectioner's sugar, until well blended. Roll to $\frac{1}{4}$ inch thickness, and cut with a shap knife in $\frac{3}{4}$ inch squares. Roll each piece in confectioner's sugar, and shake to remove superfluous sugar. Pack in a layer in a box, putting waxed paper

between each layer. These confections may be used at dinner in place of bon-bons or ginger chips.

STUFFED DATES

Remove the stones from Dates. Fill with peanuts, walnuts, hickorynuts, or any nuts available. Peanut butter makes a good filling. Press Dates in shape and roll in granulated sugar, chopped nuts or a mixture of cocoa and powdered cinnamon.

Stone Dates and fill with cheese, or pimienta cheese or minced olives.

Dates may be filled with any kind of fondant. Also fill with unsalted butter, fondant mixed with nuts, fondant with candied fruit, with chocolate or any combination.

Fill Dates with a mixture of marshmallows, candied cherries and pineapple.

Pit large Dates, set in the oven until warm, then fill centers with marshmallows.

Remove pits from Dates, and fill centers with salted almonds. Press together, brush over with slightly beaten white of egg and roll in shredded cocoanut. Other nuts may be used in place of almonds.

SUGARLESS CARAMELS

Pass 1 pound Dates, 1 pound of figs and $\frac{1}{2}$ pound of pecans through a grinder. Soften with a little lemon juice. Cut into caramel shapes, and roll lightly in granulated sugar.

WAR TIME CANDY

Boil 1 cup corn syrup until it is quite hard when dropped in cold water; then pour it slowly, stirring constantly, over puffed rice and a few cut up Dates.

PIES and TARTS

“No soil upon earth is so dear to our eyes,
- As the soil we first stirred in terrestrial pies.”
—Holmes.

PIE PASTE

$\frac{1}{2}$ cup lard or other short- ening	$\frac{3}{4}$ teaspoonful salt Cold water
$1\frac{1}{2}$ cups flour	

Mix shortening and salt with flour, and moisten to a dough with cold water .

PUFF PASTE

1 cup flour	1 tablespoonful lard
Scant cup butter	Cold, or ice water

Work lard into flour, and moisten dough with ice water. Put out on a board, and roll out, using as little flour as possible. Dot paste with small pieces of butter, sprinkle with flour and fold both ways so it will make 4 layers. Roll out, and repeat until butter is used. Roll, shape, chill and bake in a hot oven.

BUTTERMILK PIE

1 cup buttermilk	1 tablespoonful of flour
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon cinnamon
1 cup chopped Dates	

Bake in two crusts.

CHRISTMAS PIE

3 large lemons	2 pounds stoned raisins
2 dozen tart apples	1 pound stoned Dates

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

- | | |
|---|-----------------------|
| 1½ pounds suet | 1 pound currants |
| 1 ounce each of candied orange, lemon and citron peel | 4 pounds brown sugar |
| | 1 small pot marmalade |
| | 1 pint boiled cider |
- Bake like mince pies.

COMBINATION PIE

- | | |
|----------------------|--------------|
| 2 cups chopped Dates | ¼ cup sugar |
| 1 cup raw apples | 1½ cups milk |
| 1 egg | |

Put Dates and apples through a meat chopper, add the rest of the ingredients, and bake in one crust with twisted straps across the top.

COTTAGE CHEESE PIE

One-half cup finely cut Dates soaked in 1 cup milk for about two hours.

One cup very fine and smooth cottage cheese, and add to this 2 well beaten eggs.

Add gradually ¼ cup sugar, then add milk and Dates; ½ teaspoon salt and 1 tablespoon lemon juice.

Bake in one crust. (If Dates are not used ½ cup sugar will be necessary.)

DATE AND APPLE PIE

Enough paste for upper and lower crust.

Fill pie pan nearly full of nice juicy apples, sliced.

Sprinkle with a little sugar and a very little flour.

On top of this place a layer of stoned Dates, and put on top cover. Bake in a moderate oven.

DATE AND NUT PIE

- | | |
|--------------------|-----------------------------|
| 1 cup ground Dates | 2 cups water |
| ⅓ cup nut meats | Yolks of 3 eggs |
| ½ cup sugar | Whites of eggs for frosting |
| 1 cup of milk | 4 tablespoons cornstarch |

Grind Dates and nuts, add to milk and water, and heat, add sugar, and, when all is mixed, stir in the cornstarch which has been made smooth with a little milk. Add yolks of eggs, cook a little longer, then put in previously baked crusts. Makes two large pies.

DATE PIE (no sugar)

One pound Dates, stoned, and cut in small pieces. Soak over night, or for several hours in 1 pint thin sweet cream. In the morning, add 1 whole egg and yolks of two more, reserving remaining whites for frosting. Bake in one crust.

This amount makes one very large pie, or two moderate sized ones.

DATE PIE II (no sugar)

1 pint of milk	$\frac{3}{4}$ cup stoned Dates
2 eggs	$\frac{1}{4}$ teaspoonful nutmeg
A pinch of salt	

Cook milk and Dates in a double boiler till soft. Rub through a colander, add eggs and salt. Bake in one crust.

DATE PIE III (no sugar)

Make a good pie crust and line a pie pan. Place in it whole Dates from which the stones have been removed. Bake with either one or two crusts, and serve with whipped cream.

DATE ORANGE PIE

$\frac{3}{4}$ cup of strained orange juice	1 cup of sugar
2 tablespoons lemon juice	3 eggs
2 tablespoons butter	2 tablespoons flour
Grated rind of 1 orange	1 cup ground Dates

Mix ingredients in the order given, reserving the white of 1 egg for frosting. Bake in one crust in a medium oven. When set put the white of the egg, which has been beaten

stiff with a little powdered sugar, on top, and slightly brown in oven. Delicious.

DATE AND RHUBARB PIE

$\frac{3}{4}$ cup Dates, stoned and coarsely cut	$\frac{1}{2}$ cup sugar
1 cup rhubarb	1 egg
	1 tablespoon flour

Skin and cut rhubarb in small pieces before measuring; mix with the Dates. Mix sugar, flour and egg, add to the fruit and bake in two crusts.

DATE STRIPS

Use any good pie paste or puff paste, and roll as you would for pie crust. Cut in squares or strips and brush over lightly with the unbeaten white of an egg. Put on a baking sheet, and sprinkle each with ground nuts and Dates mixed.

This is a good way to use left over pie crust.

DATE TARTLETS

1 cup sugar	1 cup Dates
$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup English walnut meats
3 eggs	1 teaspoonful vanilla
$\frac{1}{4}$ cup milk	

Cream butter and sugar, add yolks of eggs, milk and Dates, which have been cooked in a little water until tender.

Line gem pans with pie paste, put in mixture, and bake. Beat white of eggs, add powdered sugar and vanilla for meringue. Brown if liked. This amount makes twelve tarts.

DESERT PIE, OR PIELETS (no sugar)

1 pound Dates	1 egg well beaten
$\frac{1}{2}$ cup water	2 tablespoons lemon juice
1 cup milk	

Stone Dates, add water and boil till soft; rub through a colander, add milk and cook the mixture just enough to cook the egg, which stir in last. Put in a previously baked crust.

If liked whipped cream may be spread on top, or put on in fancy designs.

This filling is nice to use in pielets, which are made by baking individual crusts, in gem pans, and filling with the pie mixture, putting a dot of whipped cream or frosting on top.

LEMON DATE PIE

Put in a double boiler 1 cup boiling water; add $\frac{1}{4}$ cup of lemon juice, 1 cup of sugar and grated rind of 1 lemon. Mix 4 even tablespoons of cornstarch with a little cold water, and stir into the hot mixture. Add the well beaten yolks of 2 eggs, and mix well with a Dover egg beater. Remove from the fire, and, while still hot, pour over the stiffly beaten white of 1 egg. Now add $\frac{1}{2}$ cup of finely cut Dates. Put in a previously baked crust, spread with the other well beaten white, to which a little powdered sugar has been added, and brown lightly in the oven. Eat when very cold.

MINCE PIE

$\frac{1}{2}$ pound shredded Dates	A small lump of butter
1 cup hot water	1 tablespoonful cornstarch
$\frac{1}{4}$ cup sugar	mixed in a little water
$\frac{1}{2}$ cup chopped nuts	

Cook, and when thick, pour into a rich, previously baked crust. When cold, spread whipped cream over the top.

SOUR CREAM PIE

1 cup sour cream	1 teaspoon vinegar
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
1 cup Dates	$\frac{1}{2}$ teaspoon cloves

Line a pan with crust, bake a little, add filling, and bake slowly till filling is set.

STRAPPED DATE PIE

1 cup chopped Dates	$\frac{1}{2}$ cup sugar
1 cup chopped apples	A pinch of cinnamon
4 tablespoons lemon juice	

Stone Dates, and put through food chopper with apples. If dried apples are used, they should be soaked over night, and drained well before using. Bake in one crust with straps across top.

SWEET CREAM PIE

Make and bake a crust and set away to cool.

One cup whipping cream, 2 teaspoons sugar, $\frac{1}{2}$ cup finely ground Dates. Flavoring to taste.

Whip cream until stiff, then add Dates, sugar and flavoring.

When crust is cool, fill with the cream, and set in a cool place until used. Must be eaten same day it is made.

— ≡ CAKE ≡ —

“My rule? Why certainly: It’s queer;
But no one ever ate that cake,
Who does not ask me for the rule—
(How much to use, how long to bake.”)

APPLE SAUCE CAKE

1 cup sugar	1 teaspoon each of cinnamon
½ cup shortening	and allspice
Pinch of salt	1 cup apple sauce (un-
2 cups flour	sweetened)
1 teaspoonful soda	1 cup shredded Dates

Cream sugar and shortening; dissolve soda in apple sauce and add to butter and sugar. Sift spice and salt with flour. Reserve a little flour in which to roll the Dates.

This makes a rich moist cake.

CONSTANCE CAKE

1 cup sugar	1 cup boiling water
1 rounded tablespoon butter	1 teaspoon soda
1 egg, well beaten	1 teaspoon vanilla
1 cup Dates cut in pieces	1½ cups flour
1 cup chopped walnuts	

Pour the boiling water over the cut up Dates, and let stand while mixing the cake. Bake slowly in a loaf, and frost if desired.

CRACKER CAKE

6 egg yolks, creamed	1 cup nuts
1 cup sugar	1 teaspoon baking powder

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

1 cup Dates

4 tablespoons cracker
crumbs

Add stiffly beaten whites last. Bake slowly.

CRUMBY TOAST

6 eggs beaten separately

$\frac{1}{2}$ pound chopped walnuts

$\frac{3}{4}$ cup butter

1 pound Dates

1 cup sugar

6 tablespoons fine bread
crumbs

Cream butter and sugar, add yolks beaten well, then add Dates and nuts, which have been cut in small pieces. Mix baking powder and crumbs and add to mixture, and lastly add well beaten whites.

Bake in a rather thin sheet in a moderate oven.

Serve with whipped cream as a frosting.

DATE CAKE

Weight of 3 eggs in each sugar and flour.

Weight of 2 eggs in butter.

1 teaspoon baking powder.

Grated rind of 1 lemon, or 1 tablespoon marmalade.

Put in the 3 eggs.

About thirty Dates, halved, stoned and the holes filled with almonds, blanched and halved.

Beat sugar and butter to a cream, add beaten eggs, then flour and baking powder, lastly grated lemon rind.

Put this mixture in tin about eight inches square, and on the top lay Dates in rows close together.

Bake about twenty minutes. When cool, turn upside down, as Dates will have sunk to the bottom.

Ice with the juice of an orange made stiff with powdered sugar.

DATE CAKE (without eggs)

1 cup sugar

1 cup sour milk

$\frac{1}{2}$ cup shortening

1 pound of Dates, stoned
and chopped

Spice of all kinds

1 teaspoonful of soda 2 cups flour
Mix in the usual way, and bake in a loaf.

DATE FRUIT CAKE

Stone enough Dates to make 4 cups, keeping them as whole as possible; to them add one pound of walnut meats in large pieces. Sift together three times one cup of flour, $\frac{1}{2}$ teaspoonful of salt and 3 teaspoonsful of baking powder, then mix this with the Dates and nuts. Add 1 cup of granulated sugar and mix again. Beat the whites of 4 eggs stiff and dry, and the yolks till light colored and thick. Mix the yolks evenly through the cake mixture, then lightly mix in the whites and a teaspoon of vanilla. Line two brick loaf bread pans with buttered paper, divide cake and bake one hour in moderate oven.

If liked, one pound of either candied cherries or pineapple may be added to above rule.

DATE LOAF

$\frac{1}{2}$ cup shortening	4 teaspoons baking powder
1 cup sugar	mixed with the flour
1 egg	1 cup Dates cut fine
2 cups milk	1 cup walnuts cut
4 cups flour	

Sift a little flour over Dates and nuts to prevent sticking. Citron or lemon peel is an improvement. Bake in a slow oven 1 hour.

DATE SHORTCAKE

1 cup sugar	1 tablespoon butter
1 egg	1 cup sweet milk
2 teaspoons baking powder	Flavoring
	2 rounded up cups flour

Bake in round pans

For filling; grind Dates in meat chopper, beat white of egg with 1 tablespoon of water; add a little sugar and the Dates, and spread between layers.

May be used either as cake or shortcake.

FRUIT CAKE

Cream together $\frac{1}{2}$ cup drippings or vegetable fat, $\frac{1}{2}$ cup butter and 1 cup sugar; then gradually add 4 well beaten eggs. Add 1 cup molasses, $\frac{1}{4}$ pound of currants, $\frac{1}{2}$ pound of Dates, 1 pound seeded raisins, $\frac{1}{2}$ pound of shredded candied citron peel, $\frac{1}{4}$ cup chopped nut meats, $\frac{1}{2}$ cup fruit juice, 4 cups flour mixed and sifted with 3 teaspoons baking powder, $\frac{1}{4}$ teaspoon salt, 2 teaspoons powdered ginger, 1 teaspoon each of powdered cloves and cinnamon and nutmeg. Mix well, turn into a greased and papered cake tin, and bake in a moderately hot oven for three hours.

FUDGE CAKE

2 squares chocolate	1 egg
1 cup boiling water	$1\frac{1}{2}$ cups flour
1 cup sugar	1 teaspoonful baking powder
2 even tablespoons butter	1 teaspoonful soda

Dissolve chocolate in $\frac{1}{2}$ cup boiling water, and cook until smooth. Cream butter and sugar, add well beaten egg yolk, then chocolate, flour and baking powder. Lastly add soda dissolved in the other half cup of boiling water. Bake in a dripping pan, and frost with the white of the egg, adding to it the same amount of water. Thicken with powdered sugar, and a pinch of cream of tartar and 1 cup chopped Dates. An extra fine and economical cake.

GINGERBREAD

Cream $\frac{1}{2}$ cup butter with $\frac{1}{2}$ cup sugar. Add 2 well beaten eggs. Beat this into 1 cup molasses and 1 teaspoon each of cinnamon, ginger and cloves. Add 1 cup boiling water in which dissolve 1 teaspoon soda. Finally beat in $2\frac{1}{2}$ cups flour sifted with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon salt.

Beat thoroughly, and do not add any more flour though batter seems thin.

Pour in a dripping pan, sprinkle chopped Dates and a few nuts over the top, and bake slowly 45 minutes.

GREEN MOUNTAIN CAKE

1 cup sugar	3 eggs, beaten separately
$\frac{1}{2}$ cup butter	(reserve white of one for
$\frac{1}{2}$ cup sweet milk	frosting)
2 teaspoons baking powder	2 cups flour

Bake in two layers, and frost with 1 cup of maple sugar or syrup boiled till it makes a medium soft ball when tested in cold water. Pour slowly over the well beaten white of the egg. When cool, and just before spreading on the cake, add $\frac{1}{2}$ cup chopped Dates.

MARBLE CAKE (1 egg)

1-3 cup shortening	1 teaspoon vanilla
1 egg	2 teaspoons baking powder
$\frac{1}{2}$ teaspoonful salt	2 cups flour
$\frac{3}{4}$ cup milk	1 cup sugar

Brown Part

3 large tablespoons batter	1 teaspoonful cocoa or
Add cinnamon, cloves and	chocolate
nutmeg	1 cup Dates, cut in small
	pieces

Cream shortening and sugar, add well beaten egg, vanilla and salt, sift baking powder and flour, stir into sugar mixture alternately with the milk, add well beaten white of 1 egg last. Beat a long time.

Place in alternate spoonfuls in a loaf cake pan, and bake in a moderate oven.

NEW ENGLAND ELECTION CAKE WITH DATES

Cream $\frac{1}{2}$ cup of butter and work with the hand into 1 cup light bread dough; add 1 egg, well beaten, 1 cup soft brown sugar, $\frac{1}{2}$ cup sour milk, $\frac{1}{2}$ cup chopped raisins, $\frac{1}{2}$ cup Dates, and 6 finely chopped figs.

Dredge fruit with a small amount of flour.

Mix and sift $1\frac{1}{4}$ cups flour with $\frac{1}{2}$ teaspoon soda.

- | | |
|-------------------------------|-------------------------------|
| 1 teaspoon cinnamon | $\frac{1}{4}$ teaspoon nutmeg |
| $\frac{3}{4}$ teaspoon cloves | 1 teaspoon salt |
| $\frac{3}{4}$ teaspoon mace | |

Add to first mixture and mix well.

Put into a buttered bread pan, covered, and let rise $1\frac{1}{4}$ hours.

Bake in a slow oven. Frost if desired.

ONE EGG SPICE CAKE

- | | |
|------------------------------|----------------------|
| $\frac{1}{2}$ cup shortening | 1 teaspoonful soda |
| 1 cup sugar | Cinnamon, nutmeg and |
| 1 cup sour milk | cloves to taste |
| $2\frac{1}{2}$ cups flour | 1 cup Dates |
| 1 egg | |

Combine in the usual way, and bake in a loaf.

PLUM CAKE

- | | |
|----------------------------|--------------------------|
| 1 pound flour | 2 oz. candied lemon peel |
| $\frac{1}{4}$ pound butter | $\frac{1}{2}$ pint milk |
| $\frac{1}{2}$ pound sugar | 1 teaspoonful soda |
| $\frac{1}{2}$ pound Dates | |

Put in a basin, flour, sugar, Dates, and sliced candied peel. Beat butter to a cream and mix it with above ingredients, and milk. Stir in soda dissolved in 2 tablespoons milk; add to dough, and beat the whole until all is well mixed.

Put dough in a buttered tin, and bake from $1\frac{1}{2}$ to 2 hours.

RIBBON CAKE (layers)

- | | |
|--------------------------|-------------------------|
| 2 cups sugar | 3 cups flour |
| $\frac{2}{3}$ cup butter | 4 teaspoonfuls baking |
| 3 eggs | powder |
| 1 cup milk | 1 teaspoonful flavoring |

Bake 2-3 of the above. To the remaining add 1 table-spoonful of molasses, 1 cup shredded Dates, spices and a trifle more flour. When cakes are baked, put together alternately with a very thin layer of jelly.

RICH DATE CAKE

1 pound of Dates.

$\frac{1}{2}$ pound Brazil nuts or walnuts.

Pound up nut meats and stone Dates. Put a round of white paper in a tin, then a round of rice paper, then Dates and nuts in layers, putting Dates in the first and last layers. On this put first rice paper, then white paper on top. Put a weight on top, and leave till well pressed. Turn out and serve for dessert.

SOUR CREAM CAKE

1 cup of thick sour cream	1 teaspoonful soda
1 cup sugar	$1\frac{1}{2}$ cups flour
2 eggs, beaten separately	1 teaspoonful baking powder
1 cup chopped Dates	1 teaspoonful vanilla
$\frac{1}{4}$ cup chopped nuts	A pinch of salt

Mix in the usual way, and bake in a loaf. This is a reliable Old New England recipe.

THREE-MINUTE DATE CAKE

2 eggs	$1\frac{3}{4}$ cups flour
$\frac{1}{2}$ cup sweet milk	4 teaspoons baking powder
$1\frac{1}{3}$ cups brown sugar	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{3}$ cup soft butter	$\frac{1}{2}$ teaspoon nutmeg

Beat for three minutes, and bake in two layers for twenty minutes. Put "Date Orange Curd" between layers and "Orange Icing" on top.

Can be baked in a loaf.

WAIHI CAKE (From New Zealand)

$\frac{1}{2}$ pound butter, beaten to a cream with the hand	4 eggs added one by one
$\frac{1}{2}$ pound sugar, added and beaten	1 pound of flour mixed with 4 level teaspoons baking powder

Add flour alternately with $\frac{1}{2}$ cup warm milk.

Lastly add $\frac{1}{2}$ pound of Dates and 2 ounces candied peel cut fine. Can be baked in large tins or individuals.

WHITE CAKE

1 cup butter and two cups sugar creamed	3½ cups flour with which sift 4 teaspoonfuls baking powder
1 cup sweet milk	1 teaspoonful vanilla or almond flavoring
Whites of 8 eggs	

Bake either as a loaf or in layers. Four whole eggs may be used instead of the 8 whites.

Ued boiled frosting with ½ cup each chopped Dates and nuts added.

SWEET DATE LOAF

½ cup shortening	1 teaspoonful soda
½ cup sugar	dissolved in a little milk
½ cup molasses	1 cup of white flour
1 cup of sour milk or buttermilk	3½ cups Graham flour
2 eggs	1 pound of Dates cut coarse

Spices to suit taste. Bake in a loaf in a slow oven.

COOKIES AND SMALL CAKES

“Appetite comes with eating.”—Rabelais.

BISHOP'S BREAD, NO. 1

4 eggs and 2 cups sugar	2 cups flour
beaten well together	1½ teaspoon baking powder
1 cup Dates	Pinch salt and 1 teaspoon
1 cup nuts	vanilla

Bake in a shallow pan in a moderate oven for about forty minutes. When done and still hot, cut in oblong strips.

BILLY GOAT COOKIES

1½ cups brown sugar	Spices if liked
½ cup butter	1 pound English walnuts
2 eggs	2 cups flour
½ cup milk	1 teaspoon soda
1 pound of Dates	

Drop from a spoon in small balls, and bake

CAKE BALLS

Use Angel Food or Sponge cake which has been baked in a shallow pan. Cut the cake in two inch squares, cut off the corners and dip in “Boiled Frosting;” then roll in a mixture of chopped Dates and nuts. Very nice with ice cream.

COACHELLA CHEWS

1 cup of shredded Dates	¾ cup flour
1 cup of walnuts	1 teaspoonful baking powder
1 cup of sugar	2 eggs, and a little salt

Mix all dry ingredients together, put in Dates and nuts, and stir in the eggs, after beating them light. Bake in as

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

thin a sheet as you can spread, and be sure not to bake hard. When done, and still hot and soft, cut into small squares, and roll into balls. Roll in granulated sugar.

COACHELLA BROWNIES

Mix in the order given, 1 cup of sugar, 2 scant squares of melted chocolate, $\frac{1}{2}$ cup of melted butter, the yolks and whites of 2 eggs beaten separately and then together, add $\frac{1}{2}$ cupful of flour. Spread very thinly over a cooky-sheet, and sprinkle on 1 cupful of coarsely chopped Dates and nuts, mixed. Bake not too brown. Cut in oblongs and remove from the pan.

This makes a very large quantity. Very easily made, and popular for afternoon teas or with ice cream.

CHRISTMAS CAKES

6 eggs	1 cup almonds, cut fine
1 cupful of granulated sugar	1 cup Dates, stoned and
1 cupful of bread crumbs	cut fine
sifted fine	$\frac{1}{2}$ pound figs chopped fine
1 tablespoonful lemon juice	1 teaspoonful baking powder

Beat the yolks and sugar well and add gradually in succession, beating well all the time, the lemon juice, nuts, Dates, figs, bread crumbs and baking powder mixed; and, lastly, the whites beaten until stiff. Bake in a single sheet about $\frac{1}{2}$ inch thick. Cover with plain boiled icing, and sprinkle generously with a mixture of chopped figs, nuts and Dates.

Cut in small diamond shapes.

CREAM PUFFS (no sugar)

1 scant cup water and $\frac{1}{2}$ scant cup of butter boiled together. Beat in, while boiling, 1 full cup of flour. Stir constantly, and, when thoroughly smooth and cooled a little, add, one at a time, 4 unbeaten eggs, and beat until smooth again. Drop on a buttered pan lumps of the paste about the size of a small egg. The proper baking is most essential to

the success of this recipe. Start the baking in a very hot oven until puffs are light and hollow, then cool by degrees, and bake slowly at least forty-five minutes. Do not move or jar while baking.

When ready to use the puffs, split and fill with whipped cream to which finely chopped Dates and lemon flavoring is added. Or the puffs may be filled with ice cream to which chopped Dates have been added. If liked, serve with a sauce of fresh crushed fruit; strawberries are particularly nice, but almost any kind will do.

DATE CRACKERS

Put 1 scant pound stoned Dates, 1 cup granulated sugar, and $\frac{1}{2}$ cup cold water together and boil till soft. Allow to cool. Cream 1 cup brown sugar and 1 cup butter, or other shortening, then add $2\frac{1}{2}$ cups rolled oats and $2\frac{1}{2}$ cups flour. Mix well with the hands. Add $\frac{1}{2}$ cup warm water in which dissolve 1 teaspoon soda.

Divide the dough in two equal parts. roll very thin, spread Date mixture on one layer, place second layer on top of filling, and cut in squares. Bake to a light brown in hot oven.

These are nice with coffee or to use as a regular cooky.

DATE COOKIES

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ teaspoonful salt
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoonful cinnamon
2 eggs	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{2}$ teaspoonful soda dis-	$\frac{1}{2}$ cup Dates seeded and
solved in 3 tablespoonfuls	chopped
sour milk	$1\frac{3}{4}$ cups flour

Cream butter, add sugar gradually, then add egg well beaten, soda dissolved in milk, $\frac{1}{2}$ cup of flour mixed and sifted with salt and cinnamon. Add walnuts, Dates and the rest of the flour. Drop by spoonfuls, one inch apart on a greased pan, and bake in a moderate oven.

DATE CRUMBLES

2½ cups of rolled oats	½ teaspoon salt
1½ cups flour	1 cup of drippings
½ teaspoonful soda	1 pound of Dates
1 cup brown sugar	½ cup of water

Stone Dates, and cook with water till soft. Put oats through a meat chopper, rub in shortening, then add all other ingredients except Dates and water.

Put half of this mixture in a square pan, cover with the Date mixture, add rest of crumbs, press down smoothly and bake to a light brown. Extra nice.

DATE MACAROONS

Whites of 3 eggs	
½ pound powdered sugar	1 cup shredded Dates
1 dessertspoonful cornstarch	A little grated cocoanut
½ cup finely chopped nuts	

Beat the whites stiff, then add the sugar and cornstarch, which have been stirred together, nuts, Dates and grated orange rind. Work well together, and add enough cocoanut to make stiff enough to make into balls. Bake in a slow oven.

..

DATE MACAROONNS, II

Whites of 2 eggs beaten stiff	½ cup shredded Dates
A pinch of salt	2 cups of corn flakes, crisp
½ cup of sugar	

Drop in small cakes on a buttered pan, and bake 15 or 20 minutes.

DATE MARGUERITES

Take square wafers, crisp a little in the oven, then put on each a generous spoonful of stiff boiled frostings, to which has been added chopped nuts and Dates. Brown in oven or not as is liked.

DATE NUT BARS

1 cup Dates	½ cup sugar
1 cup walnuts	2 tablespoons flour

2 eggs, beaten separately A little salt
1 teaspoon baking powder 1 teaspoon lemon flavor

Bake in a sheet in a very slow oven, and, when cool, cut in bars.

DATE ROLL

Make a good rich biscuit dough, roll very thin and spread with butter, sprinkle with chopped Dates and nuts, roll as in a jelly roll and cut in pieces about two inches long. Set on end in a pan, and bake till a medium brown. Very nice.

GENOISE CAKE

3 eggs $1\frac{1}{2}$ cups flour
 $\frac{3}{4}$ cup butter $1\frac{1}{4}$ teaspoons salt
 $\frac{3}{4}$ cup sugar $\frac{1}{2}$ teaspoon vanilla

Cream butter and sugar till light, with flavoring added, then eggs (unbeaten) one at a time. Beat batter fifteen or twenty minutes. Fold in lightly sifted flour. Bake $\frac{1}{2}$ inch thick in slow oven for half an hour.

Cut in fancy shapes, and frost with any of the Date frostings. Nice for evening or afternoon refreshments.

FRUIT COOKIES

1 cup sugar $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup butter 2 teaspoons cream of tartar
1 egg 1 teaspoon soda, flour to roll

Filling

1 cup chopped Dates $\frac{1}{2}$ cup water
 $\frac{3}{4}$ cup sugar 1 tablespoonful flour

Mix flour and sugar first, then add other ingredients. Roll dough thin, cut, place a small portion of the filling on one cookie, placing another cookie on top. Press edges together, and bake.

HERMIT COOKIES, WITH DATES

- | | |
|---------------------|------------------------------|
| 1 cup butter | 1 teaspoonful soda dissolved |
| 2 cups sugar | in 2 tablespoonfuls sour |
| 1 cup chopped Dates | milk |
| 3 eggs | |

Add all kinds of spices to taste, and flour to roll. Cut out and bake. Will keep a long time.

NABISCO MARGUERITES

- | | |
|---------------------------------|--------------------------------------|
| 1 pound of Dates | $\frac{3}{4}$ pound granulated sugar |
| 1 pound walnuts before shelling | Whites of 5 eggs |

Beat eggs to a stiff froth, add sugar, put Dates and nuts through a grinder and mix. Drop with a teaspoon a little of this mixture on Nabiscos. Bake in a moderate oven till a light brown.

Very nice accompaniment for afternoon tea.

OATMEAL CAKES

- | | |
|--------------------------------|---------------------------------|
| 1 cup rolled oats | 4 level teaspoonfuls baking |
| $\frac{1}{2}$ cup flour | powder |
| $\frac{3}{4}$ teaspoonful salt | $\frac{1}{2}$ cup milk |
| $\frac{1}{4}$ cup shortening | $\frac{1}{2}$ cup chopped Dates |

Mix flour, oats, baking powder and salt. Cut in shortening. Add milk, and mix, forming a soft dough. Lastly add chopped Dates. Drop into greased muffin tins, and bake in a quick oven.

OATMEAL COOKIES

- | | |
|-----------------------------|-------------------------------|
| 1 cup shortening | $1\frac{1}{2}$ cups flour |
| 1 cup sugar | 1 cup chopped Dates |
| 2 eggs | 1 teaspoonful soda |
| $\frac{1}{3}$ cup sour milk | 1 teaspoonful each of cloves, |
| A little salt | cinnamon and allspice |
| 2 cups oatmeal | |

Mix, and drop on a cooky sheet in small lumps about the size of an English walnut. Bake in a moderate oven.

PLAIN COOKIES

- | | |
|------------------------------------|----------------------------------|
| 1 large cup chopped Dates | $\frac{1}{4}$ teaspoon of nutmeg |
| 1 cup sugar | $\frac{1}{2}$ cup milk |
| $\frac{2}{3}$ cup of shortening | 3 teaspoons baking powder |
| A pinch of salt | Flour enough to roll |
| $\frac{1}{2}$ teaspoonful cinnamon | |

Put together in the usual way, and bake in a quick oven.

RICH DATE COOKIES

- | | |
|-----------------------|-------------------------------------|
| 1 cup sugar | $\frac{1}{4}$ pound walnuts chopped |
| 1 cup butter | 2 cups flour and 2 teaspoons |
| 2 eggs | baking powder, sifted to- |
| 1 pound Dates, cut up | gether |

Drop in small balls three inches apart on greased cooky tins.

ROCKS

- | | |
|---------------------------------|-------------------------------------|
| $1\frac{1}{2}$ cups brown sugar | $\frac{3}{4}$ pound Dates, cut fine |
| 3 eggs, well beaten | 1 cup English walnut meats |
| 1 cup butter | 1 teaspoon cinnamon |
| A pinch of salt | 1 teaspoon soda |
| $\frac{1}{4}$ cup sour milk | 3 cups flour |

Mix in the usual way, and drop in small cakes on a baking sheet.

WALNUT SQUARES

To one beaten egg add one cup of light brown sugar. Mix together a pinch each of salt and soda, and add, then stir in six level tablespoonfuls of flour which had been mixed with $\frac{3}{4}$ cup English walnut meats and 1-3 cup finely cut Dates. Spread quite thin in a pan, and bake in a moderate oven. Cut in squares. An old reliable recipe, and very nice.

FROSTINGS AND FILLINGS FOR CAKE

BOILED FROSTING

One and one-quarter cups sugar and $\frac{1}{2}$ cup hot water boiled together till it spins a thread. Let cool a minute or two, and pour slowly over the well beaten whites of 2 eggs, beating all the while. Flavor. Stir in chopped Dates and nuts mixed.

CAKE FILLING

(1) Grind any amount of Dates desired, moisten with a little water and stir in powdered sugar until the proper consistency.

(2) Equal parts of Dates and crystalized or dry figs. Grind fine and sweeten with brown sugar. Add chopped English walnuts, and moisten with just enough water to make it spread nicely.

(3) 1 cup of soft finely ground Dates, add $\frac{1}{3}$ cup orange marmalade, $\frac{1}{4}$ cup of cut walnuts and 1 teaspoonful of lemon juice, mix thoroughly, and spread between layers of cake.

DATE FILLING

$\frac{1}{2}$ pound Dates, weighed	$\frac{1}{3}$ cup boiling water
after stoning	1 tablespoonful lemon juice
$\frac{1}{4}$ cup sugar	

Mix ingredients, and cook in a double boiler until thick enough to spread. Dates should be put through a meat chopper.

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

DATE AND NUT FROSTING

1 cup brown sugar	Whites of 2 eggs
$\frac{1}{2}$ cup white sugar	1-3 cup chopped Dates
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup pecan nut meats,
1 teaspoon orange flavoring	cut coarsely

Boil sugar and water until it "spins a thread," then pour slowly, beating constantly, over the well beaten egg whites. Beat for some time, then set the dish in a pan of hot water, stirring all the while, for about ten minutes. Take from the stove and beat again till cool. Add Dates, nuts and flavoring and spread on cake, either layers or loaf.

DATE ORANGE CURD

Juice and grated rind of	1 tablespoonful lemon juice
1 orange	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup butter	Yolks of 2 eggs well beaten

Mix thoroughly, put in a double boiler over hot water. Stir till like thick custard.

One-half cup of finely chopped Dates stirred in.

ORANGE ICING

Grated rind of 1 orange	Thicken with powdered
2 tablespoons orange juice	sugar

SOFT FROSTING

2 cups sugar	2 drops acetic acid
$\frac{1}{2}$ cup water	$\frac{1}{4}$ teaspoon glycerine
White of 1 egg	$\frac{1}{2}$ teaspoon vanilla

Mix sugar and water, put over the fire and stir until the syrup begins to boil, then wipe down the sides of the kettle. Add glycerine and acid, steam a little while, then boil to a soft ball (336). Remove from the stove, and let cool without stirring. When cold add the white of the egg, and stir. Add flavoring, and, when the frosting just begins to thicken, spread on the cake. A chocolate frosting may be had by adding $1\frac{1}{2}$ squares of Baker's chocolate, which has been melted over hot water.

TUTTI FRUITI CAKE FILLING

Use "Soft Frosting," or any good boiled frosting, and, when cool, add one half cup each of chopped Dates, raisins, cocoanut, figs, currants and nuts.

Have ready a good layer cake, and spread filling between layers. Reserve some of the plain frosting for the top, and sprinkle this plentifully with cocoanut. Or, use whipped cream, and add fruit.

See advertising section for information regarding the purchase of Dates or Date lands.

-:-

SALADS

-:-

“To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt and a mad-cap to stir the ingredients up and mix them together.”

—Spanish Proverb.

ARABIAN SALAD

Take the heart of a Date palm, and cut it in small pieces. Add to it 1 cup Dates, stoned and cut in quarters. Mix with mayonnaise, and serve on lettuce leaves.

(The heart of the Date palm is considered a great delicacy among the Arabs.)

BANANA SALAD

Peel as many chilled bananas as there are persons to be served. Split lengthwise and put the halves together with a filling of Dates, English walnuts and preserved ginger, chopped fine and moistened with lemon juice.

Arrange in individual salad plates. Garnish with lemon and water cress.

Serve with whipped cream mayonnaise.

Ginger may be omitted.

BUTTERFLY SALAD

Remove all skin from two grapefruit and about three oranges, and cut in uniform slices across the fruit, and then into halves. Drain juice from a small can of pineapple and cut slices into halves. Arrange shredded lettuce on salad plates, place two sections of grapefruit in center, with the

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

curved edges together, on these put two of pineapple and above that two of orange. Now cut strips of Dates to represent the body, and place them down the center with a nut meat at one end. Serve either a French or mayonnaise dressing separately.

CHERRY SALAD

Use large white canned cherries. Remove pits, and slip into each cherry a small piece of nut.

Pack in a dish and cover with the juice from the cherries, and let stand in a cool place until ready to serve.

Serve five or six cherries and two or three Dates cut in halves on lettuce. Cover with salad dressing.

COTTAGE CHEESE AND DATE SALAD

Use large soft Dates. With a sharp knife make an incision just large enough to remove the seed, put in its place a bit of cottage cheese which has been mixed with finely chopped nuts. Dispose three or four nuts on lettuce leaves. Garnish with green sweet peppers or pimentos. Pass a dish of mayonnaise dressing with the salad.

Or, just Neufchatel cheese may be used with Dates.

DATE SALAD

Use the very large, soft, fresh Dates. Remove stones, cut in half and place on lettuce leaves. Fill cavities with a mayonnaise salad dressing to which has been added a little whipped cream. Or, put a nut meat in each.

DATE AND APPLE SALAD

Equal parts of semi dry Dates and good eating apples. Cut in pieces, and mix with salad dressing. Put on lettuce leaves.

MIXED CHEESE AND FRUIT SALAD

- | | |
|-----------------------------------|---------------------------|
| 1 cup cottage cheese | 3 or 4 figs |
| $\frac{1}{2}$ cup chopped almonds | A little salt |
| $\frac{1}{4}$ cup Dates | 1 teaspoonful lemon juice |

Chop Dates, figs and almonds, mix with the other ingredients, form into balls, and serve on lettuce leaves with a good creamy dressing.

MIXED SALAD

- | | |
|---------------------------------|-------------------------|
| 1 cup stoned Dates (do not | 1 cup diced apples |
| cup up | 1 cup mayonnaise |
| $\frac{1}{2}$ cup grated cheese | 3 tablespoons nut meats |
| 1 cup celery | 1 head of lettuce |

Mix ingredients with mayonnaise, and arrange on lettuce leaves.

MIXED FRUIT SALAD

- | | |
|-------------------------|---------------------------------|
| 1 package of Jiffy Jell | $\frac{3}{4}$ cup chopped Dates |
| 1 cup chopped nuts | 1 individual bottle of grape |
| 1 small can pineapple | juice |

Dissolve Jiffy Jell in grape juice, and add enough pineapple juice to make one pint. Pick pineapple apart, and put in small moulds with chopped mixture. Pour liquid over, and put on ice to chill. When cool place on lettuce leaves, and serve with boiled mayonnaise or whipped cream.

MOULDED FRUIT SALAD

- | | |
|---------------------------------|-----------------------------|
| 1 cup boiled salad dressing | $\frac{1}{4}$ cup hot water |
| $\frac{1}{2}$ cup whipped cream | 1 can white cherries |
| 1 rounded tablespoonful of | 1 can pineapple |
| granulated gelatine | 1 cup Dates |
| soaked in | 1 cup pecan nuts |

Mix cream and dressing together, and gradually pour in the gelatine after it is cold. Cut the fruit in small pieces, drain dry on a towel, sprinkle with salt, and fold in dressing. Put into moulds (baking powder cans are good), and allow to stand in ice for several hours. When solid, slice, arrange on lettuce leaves, pour over it "Favorite Salad Dressing,"

and sprinkle with the nuts. A delicious salad for extra occasions.

ORANGE AND DATE SALAD

Peel and slice sweet oranges, removing any pith. Arrange on crisp lettuce leaves. Stone a number of Dates, cut in half and place on the sliced oranges. Serve with either cream or Frnch salad dressing.

PINEAPPLE, DATE AND CHEESE SALAD

Place lettuce on salad plates, then a slice of pineapple. Seed some Dates, and cut crosswise, laying them over the pineapple. Next put Neufchatel cheese over dates, a few nuts, then a good creamy salad dressing.

PINEAPPLE-ORANGE-DATE SALAD

Peel oranges, separate the parts and remove all the pithy white skin, and dice. Mix with an equal amount of shredded Dates, diced pineapple, a little chopped celery and a few marshmallows. Use a mayonnaise dressing, which can be made more delicate by the addition of whipped cream. Serve on lettuce leaves.

PEANUT SALAD

1 cupful thinly sliced apple	$\frac{1}{2}$ cupful chopped roasted	
1 cupful chopped celery	peanuts	
$\frac{1}{2}$ cupful chopped Dates	Lettuce	Mayonnaise

SALAD DE LUXE

Use marshmallows, Dates, apples, nuts and green grapes.

Cut marshmallows in four pieces, seed Dates and cut in pieces, apples cut up, and grapes seeded.

Have equal parts of each, and mix with a fruit salad dressing. Place on lettuce leaves, and put dressing on top.

TOMATO SALAD

Nicely formed tomatoes, cottage cheese which has been mixed with sweet cream, a few ground Dates.

Carefully peel tomatoes, so as not to spoil the shape, scoop out a portion of the inside, and in the cavity place a ball of cottage cheese which has been mixed with the chopped Dates.

Place on a lettuce leaf, and pour over the whole a cream dressing.

See advertising section for information regarding the purchase of Dates or Date lands.

SALAD DRESSINGS

CREAM DRESSINGS

1 teaspoonful salt	$\frac{1}{2}$ cup melted butter
$\frac{1}{4}$ teaspoonful unmixed mustard	$\frac{1}{2}$ cup vinegar
2 teaspoonsful sugar	2 teaspoonsful lemon juice
Yolks of 4 eggs	A few grains red pepper

Mix well in the order given, and cook in a double boiler until it begins to thicken, stirring continually. Just before using, add 1 cup sweet whipped cream.

DELICIOUS SALAD DRESSING

One cup boiling water, $\frac{1}{4}$ cup vinegar and lemon juice mixed. When this boils stir in 2 tablespoons flour rubbed to a paste with 2 tablespoonfuls olive oil or cooking oil. Stir and cook for 5 minutes. Remove from the stove, pour over the well beaten yolks of 2 eggs, stir and mix thoroughly, then put away to cool, stirring occasionally. When cool but not cold, add $\frac{1}{2}$ cup olive oil, a little at a time.

When using, whipped cream may be added. For fruit salad add a little sugar.

FAVORITE SALAD DRESSING

Yolks of 7 eggs	A little black pepper
$\frac{1}{2}$ cup vinegar	Pinch cayenne pepper
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoonful celery seed
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoonful made mustard
$\frac{1}{2}$ teaspoonful salt	A few drops of onion juice

Put vinegar and butter into double boiler. When hot, stir in the well beaten yolks to which has been added other ingre-

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

dients. Cook until thick, and, when ready to use, add an equal amount of whipped cream.

FRENCH SALAD DRESSING

Mix $\frac{2}{3}$ teaspoonful salt	5 tablespoons olive oil
$\frac{1}{8}$ teaspoon pepper	$2\frac{1}{2}$ tablespoons vinegar

When using for a cheese salad, add a few drops of onion juice. Beat all together until ingredients are thoroughly blended.

MAYONNAISE DRESSING

Put the yolks of 2 eggs in a bowl, and beat it.

Add $\frac{1}{4}$ teaspoonful salt, and add gradually, drop by drop, 1 gill olive oil, a few drops of vinegar, and continue adding the oil until you have the desired amount of mayonnaise. Beat in a few grains of red pepper. Allow about 1 tablespoonful of vinegar to 1 gill of oil. If a lighter color is desired, allow a few drops of lemon juice.

SWEET SALAD DRESSING

Yolks of 2 eggs	Beat well and add $\frac{1}{4}$ cup
$\frac{1}{4}$ cup sugar	vinegar

Cook in double boiler, and, when using, add cream, either whipped or unwhipped.

See advertising section for information regarding the purchase of Dates or Date lands.

-:- SANDWICHES -:-

"Fame is at best an unperforming cheat,
But 'tis substantial happiness to eat."

DATE, FIG AND NUT SANDWICHES

$\frac{1}{2}$ cup Dates

$\frac{1}{4}$ cup almonds

$\frac{1}{2}$ cup figs

Cream to moisten

Put fruit and nuts through a meat grinder, moisten with cream, so mixture will spread nicely, and spread between thin slices of bread. Figs may be omitted.

DATE SANDWICHES

Put 1 pound of Dates through a meat chopper, add juice of one orange, and rub to a paste.

DREAMS

Take equal quantities of Dates and pecan meats. Pass through food chopper. To 1 cup of the mixture add $\frac{1}{4}$ cup maple sugar and a very little cream. Mix to a smooth paste and spread between thin slices of whole wheat bread.

FRUIT FILLING

Figs, raisins, Dates. Remove the stems and stones. Chop fine; add a little cold water and cook to a paste. Add a few drops of lemon juice.

NUT AND FRUIT CHEESE SANDWICHES

This may be served in the same manner as cold meat for either luncheon or supper.

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

Wash $\frac{1}{2}$ pound pitted prunes, mix with $\frac{1}{2}$ pound seeded $\frac{1}{4}$ pound blanched almonds, $\frac{1}{4}$ pound of Brazil nuts and $\frac{1}{4}$ pound pecan nuts. Put all through a meat chopper, first a little of the fruit, then a few nuts. Continue this till all of the fruit and nuts are chopped and mixed. Add the juice of 2 oranges and knead with the hands. Pack down in baking powder cans, and stand aside in a cool place.

When wanted for use, set the can in a pan of hot water, loosen sides and pull out. Slice thin.

ORANGE MARMALADE AND CHOPPED DATES

make a good filling for a sweet sandwich.

PEANUT BUTTER SANDWICHES

Grind Dates, and put with equal part of peanut butter, mix well, and spread between slices of slightly buttered bread.

SANDWICH FILLING

Make a ground mixture of ground Dates, cottage cheese and nuts. Moisten with a little sweet cream.

See advertising section for information regarding the purchase of Dates or Date lands.

PRESERVES and JAMS

"Fruit, unripe, sticks on the tree,
But fall unshaken when they mellow be."

CRANBERRY RELISH

2 quarts of cranberries	Rind of 2 oranges, chopped
3½ pounds of white sugar	fine
½ pound of seeded raisins	1 cup vinegar
½ pound Dates	Juice of 2 oranges

One teaspoonful each of ginger, cloves and cinnamon.

Cook all to a marmalade and put in jars.

Nice with cold meats, as chicken, etc.

DATE BUTTER

1 quart Dates	Sugar to taste
1 pint tart apples	

Stone Dates, pare and core apples. Boil together till soft, then mash through a colander. Add sugar, and boil till thickness of apple butter.

DATE BUTTER, II

Remove stones from ½ pound of black Dates; add 1 or two tablespoons of boiling water to moisten, and reduce to a pulp with a potato masher. Add ¼ pound of peanut butter and ½ cake of cream cheese; mix thoroughly.

DATE JAM

Stone 2 pounds of Dates, put in a saucepan with 1 pound of cane sugar, one pint of water, the grated rind of a lemon and a grating of nutmeg. Simmer till thick, stirring and beat-

One cup means ½ pint. Cup, tablespoon and teaspoon all mean level measurements.

ing frequently. Pour into glasses and cover with paraffine. Nuts may be added if liked.

DATE COMPOTE

Stone a pound of nice Dates, keeping them in as good shape as possible. In the upper part of a double boiler put 1 cup of sugar and two cups of boiling water. Stir directly over the fire till the sugar is dissolved, then boil slowly for three minutes. Slip the lower part of the boiler underneath, drop in the Dates, cover and keep the water in the lower boiler barely at a simmer for an hour, or put in the fireless cooker with a moderately heated radiator for an hour and a half. Skim out the Dates and place them in a serving dish. Boil down the syrup till reduced to one half. Take from the fire, let stand ten minutes, flavor with vanilla to taste, and pour over the Dates. Serve very cold with cream as a dessert.

DATE MARMALADE

Remove stones from Dates, steam over hot water till tender, then press through a colander. This is a good spread on bread, or makes a delicious filling for sandwiches.

DATE RELISH

1 pound Dates	1 pound sugar
½ pound dried, or 1 pound fresh apricots	½ pound raisins
1 cup chopped English wal- nuts	1 large orange

Stone and coarsely cut Dates, slice orange very thin. If dried apricots are used, soak till swelled. Cook all the fruit together, add sugar. Stir constantly until the desired thickness, then add nuts, and put in small jars. Nice to use with meat.

DATE AND RHUBARB MARMALADE

2 pounds rhubarb	slices
1½ pounds Dates	2 pounds sugar
1 lemon, cut in very thin	

Boil, stirring constantly, and when desired thickness, put in jars. ,

DESERT JAM

Wash roselle buds, cover with water and let boil gently until juice is extracted. Pour into a jelly bag and let drip. Measure juice, and, to each pint, add nearly a pound of sugar. Boil until it just begins to jell, then add cut up Dates and almonds, which have been blanched and cut up coarsely. Cook just long enough to bring to a boil again, then pour in glasses and seal like jelly.

HOT DATES FOR TABLE USE

Wash Dates, spread on a flat dish and heat in a moderate oven, taking care not to bake them, however, which ruins the flavor.

JAM

A nice jam may be made with two parts Dates to one part cranberries. Cook and mash fruit, add sugar to taste and boil to desired thickness. ,

PEACH CONSERVE

2 quarts of fresh sliced	1 cup sliced Dates
peaches	1 cup of either Eng. walnuts
3 oranges, sliced thin after	or blanched almonds
removing skins	Sugar to preserve

Cut nuts and put in after it is ready for jars.

Cook slowly until it is very clear.

PRUNES AND DATES

Stew prunes till soft, add just a little sugar.

Before taking from the fire, add some Dates stoned and cut in half. Serve with cream. ,

STEWED DATES

1 cup cold water
 $\frac{1}{4}$ pound of dates

1 tablespoonful of sugar

Juice and thinly cut rind of
 $\frac{1}{2}$ lemon

Allow to simmer very gently for $\frac{1}{2}$ hour. Remove Dates to a dish, and pour the syrup over them, and allow to cool.

TUTTI-FRUTTI PRESERVES

Wash 4 quarts purple plums. Put in a large sauce pan and cover with water. Cook slowly until the plums have softened, and separated from the stones. Add to the plums equal measure of brown sugar, and cook slowly until a thick preserve is made. When nearly done, put in 1 pound of seeded raisins, 1 pound of dried figs cut in small pieces, $\frac{1}{2}$ pound of Dates cut in pieces. Stir often, and, when done, try as you would for jelly.

Lastly, put in $\frac{1}{2}$ pound of chopped pecans. Seal in jars.

See advertising section for information regarding the purchase of Dates or Date lands.

MISCELLANEOUS

‘The turnpike road to people’s hearts, I find,
Lies through their mouths, or I mistake mankind.”

—Dr. Wolcot.

A GOOD LAXATIVE

Put through a food chopper twice

$\frac{1}{2}$ pound seeded raisins	$\frac{1}{2}$ pound of figs
$\frac{1}{2}$ pound of Dates	$\frac{1}{4}$ pound of senna leaves
$\frac{1}{2}$ pound of prunes	picked over

After grinding, roll out on bread board $\frac{1}{4}$ or $\frac{1}{2}$ inch thick, and cut into inch squares. Keep in a jar.

Dose—1 square at bed time.

CORN MEAL MUSH

Mush made in the usual way with hot water, or, better still, with milk, or part milk, is found to be doubly good with the addition of a few ground Dates.

DATES IN CEREAL (no sugar)

Cut Dates, and cook with any kind of cereal.

This makes the cereal sweet enough so the use of sugar is not necessary.

Or, grind and use uncooked on cereals in place of sugar.

DATE SYRUP

Use cull Dates. Wash and let soak in water over night. In the morning stone, and boil till soft, adding more water as needed. Mash the fruit, and let drain through a muslin

One cup means $\frac{1}{2}$ pint. Cup, tablespoon and teaspoon all mean level measurements.

sack. The juice thus obtained is boiled down to any desired thickness. Bottle, and use on the table for cooking.

ENGLISH CHUTNEY SAUCE

1 pound of apples	6 small onion
$\frac{1}{2}$ pound raisins	1 ounce of white mustard
$\frac{1}{2}$ pound Dates	seed
1 dozen ripe tomatoes (canned ones may be used)	$1\frac{1}{2}$ quarts vinegar, boiled and cooled (do not have too strong)
2 red peppers	
$\frac{1}{4}$ cup mint leaves (fresh or dried)	1 pound of granulated sugar

It requires no cooking. Put everything through the meat grinder. Salt and sugar heated with the vinegar, and let cool before pouring over the rest of the ingredients.

Pour all in a crock or jar, and let stand ten days, stirring each day. then it can be bottled. Nice with meats.

PICKLED DATES

Dates may be pickled in vinegar just before they are ripe, when they much resemble pickled walnuts.

ORANGE-DATE OMELET

3 eggs	4 tablespoons orange juice
A little salt	1 tablespoonful butter
$\frac{1}{2}$ cup cut Dates	

Separate the yolks and whites. Beat yolks till thick; add salt and orange juice. Beat whites till stiff, and fold into the first mixture. Heat omelet pan, and butter well. Put the mixture in, and cook slowly. When it begins to thicken, add the Dates. When puffed and light brown, finish in the oven. Fold, turn on a hot platter.

Makes a nice luncheon dish.

OTHER USES FOR DATES

Dates are a nice addition to boiled hominy.

Dates may be stewed, put through a strainer, and used

much like a squash and pumpkin. A good way to use very inferior Dates, i. e., culls, which usually can be obtained where grown only.

SWEET POTATOES AND DATES

- | | |
|---|--|
| 1 cup Dates cut in quarters | $\frac{1}{2}$ cup cream |
| 2 cups mashed sweet potatoes (boiled in skin till done) | A little salt and cinnamon
2 eggs well beaten |

Mix, folding eggs in last. Drop heaping tablespoons on pie pans, well greased, and bake one-half hour, or till brown.

SWEET PICKLED DATES

- | | |
|--------------------------|----------------------|
| 4 pounds Dates | strength |
| 2 cups sugar | Spices to suit taste |
| 3 cups vinegar of medium | |

Wash Dates thoroughly and put in a jar. Boil vinegar, sugar and spices and pour, while hot, over Dates, repeating for three mornings.

TAMARIND CHUTNEY

- | | |
|--|---------------------------------|
| 2 pounds of Dates | 1 pound onion |
| $\frac{1}{2}$ lb. of green ginger root | $\frac{1}{4}$ pound chillies |
| 1 pound of layer raisins | $\frac{1}{4}$ pound brown sugar |
| 2 tablespoonsful of salt | $\frac{1}{2}$ pint vinegar |

A $\frac{1}{2}$ pound jar or bottle of tamarinds

Remove stones from tamarinds, chop fine, the same with Dates; stone and cut the raisins into quarters; chop fine the onion; pound the chillies, and scrape and slice the ginger.

Mix all the ingredients together, bottle and seal.

VINEGAR

Extra fine vinegar can be made from Dates. Culls are usually used for this purpose.

See advertising section for information regarding the purchase of Dates or Date lands.

DATES AS USED IN COOKERY BY THE ARABS

The Arabs cook the Dates in so many different ways that a housewife will serve her family a different dish each day of the month.

Following are a few of the many ways in which this delicious fruit is used in the land so far away:

BAKALAH

This is made of Dates cooked with flour and oil.

KHABIS

A combination of Dates butter and honey.

PALM CABBAGE

Use the terminal bud of Date trees boil till tender, season and serve with drawn butter.

(The material for this dish could be procured in Date growing regions, when an over supply of male Date palm trees necessitates their being cut down. Author's note.)

RUM

Barley is boiled baked and ground. Mix with salt pepper and caraway seed. Add a little water to make a mush then add Dates. Oil or butter may be added if desired.

SALAD

Young flowers of male palms are used for salad. Mix with French dressing.

UJJAL

This dish consists of boiled onions milk flour and Dates.

(It must be like our creamed onions with Dates added. Author's note.)

MADQUQEH

A Date paste made by pounding Dates with sesame oil. This is used on bread.

MU'ASAL OF THE PERSIAN GULF

(One of the best preserves of that region.)

Remove the seeds from the Dates and replace with walnut meats. Boil down some Date syrup (any other good syrup would do) add sesame seed to taste and a little rose water for aroma; boil until thick, add Dates put over the fire, and let it come to a boil again; then put into glass jars.

SYRIAN METHOD OF PRESERVING DATES

Take the largest Dates obtainable preferably before they are entirely ripe; peel them with a sharp knife put them in a pot add a little more than enough water than to cover them boil until they are soft; then slip the seeds out and put an almond or pistachio, with a clove, in the cavity; boil Dates in syrup with a little lemon peel until the proper consistency; take them off the fire and let them stand over night; then bring to a boil again and put in glass jars.

OTHER WAYS

Large soft Dates fried in butter are much used by the wealthy Arabs. Great care must be exercised that the fruit does not burn.

Clabber milk with Date as an accompaniment, is considered a very wholesome dish. Fresh milk also, is considered a fitting drink with a meal of Dates.

Split Dates remove seed and fill cavity with unsalted butter. This manner of eating the Date has been popular in Arabia for centuries.

Fresh Dates are baked in the oven sometimes basted with butter.

Caraway seed is much used in Arabian cookery where Dates are used.

Dates are used in beverages and in making jams and preserves.

The seeds are used in cookery after being softened with milk and are also made into bread.

In the Sahara Dates are added to meats, soups and stews. They are also used to make syrup.

-:- INDEX -:-

	Pages
Bread, Muffins, Waffles, Etc. - - -	9-14
Cake - - - - - -	46-53
Cookies and Small Cakes - - - -	54-60
Cold Desserts - - - - -	24-33
Confections - - - - -	34-39
Dates as Used in Cookery by the Arabs - -	81-83
Frostings and Fillings - - - -	61-63
Miscellaneous - - - - -	78-80
Pies and Tarts - - - - -	40-45
Preserves and Jams - - - - -	74-77
Puddings - - - - - -	15-20
Pudding Sauces - - - - -	21-23
Salads - - - - - -	64-69
Salad Dressings - - - - -	70-71
Sandwiches - - - - -	72-73

“THE HOUSE ON THE HIGHWAY”

**Valley Packing
Association**

Coachella, California

Packers of all varieties of
Dates grown in the Valley

**Come and see how Dates are packed
under sanitary methods**

Laffin Date Company

THERMAL, CALIFORNIA

Mail Orders Filled September to Christmas

Fancy Deglet Noor and other choice varieties of good keeping quality, packed in one and one and a half pound Redwood boxes.

One pound boxes\$1.00

One and a half pound boxes.....\$1.50

Select soft dates of Itima and Rhars types:

Two one pound baskets crated for shipment, \$1.25

Fifteen one pound baskets in shipping tray, \$7.00

Select Pressed Pack in three and five pound wood boxes:

Three pound box\$1.50

Five pound box\$2.50

If it is desired to have shipment sent parcels post, charges should be included with order; otherwise shipments will be made by express.

THE JAMES RANCH

FOR DATES

Packed, Bulk or Field Run

C. D. JAMES, Thermal, California

or

GEORGE WHARTON JAMES, 1098 N. Raymond Ave.,
Pasadena, California

-:- A NOVELTY IN HATS -:-

For both Men and Women—made from Date Palm
Leaves—Both strong and durable—Any style made to
order—Prices upon request

MRS. R. E. TAYLOR - - COACHELLA, CALIF.

FRESH DATES

Grown and Packed at Rancho Santa Rosa
Coachella, California

Prices from 10c to 50c packed in fancy boxes for
Christmas trade

Also cured Dates in bulk

R. E. TAYLOR - - COACHELLA, CALIF.

E. S. REEVES

Thermal, California

Grower and Distributor of

HIGH GRADE DATES

Orders carefully filled, and sent by insured mail to
any part of the United States

NARBONNE

BRAND

CALIFORNIA DATES

From Imported Offshoots Only

A HIGH GRADE PRODUCT for PARTICULAR PEOPLE

SHIPMENTS DIRECT TO CONSUMERS

Write for Descriptive Price List and

"The Story of Dates that are Different."

NARBONNE RANCH
THERMAL, RIVERSIDE COUNTY, CALIFORNIA

FREE INFORMATION

ON THE DATE INDUSTRY

**Also information as to the adaptability of land
for Date Culture.**

Have studied the value of Dates for over 20 years.

**Had charge of Date exhibits at Riverside County
fairs and at the Panama Exposition, San Francisco.**

**I have, perhaps, the largest amount of data which
speaks for itself, that there is in the United States, and
will be glad to show it to anyone seeking information.**

W. L. PAUL

COACHELLA, CALIFORNIA

H. O. TODD, Indio, California

Grower and Packer of Dates, Malaga Grapes and Black San Pedro Figs.

Offshoots from High Grade Deglet Noor Seedling Dates.

Dates shipped to all parts of the United States in season.

Rooted Malaga Grape Cuttings for sale.

Questions answered concerning Dates and Grapes, also Date and Grape land. Correspondence solicited.

PURE DATE VINEGAR

Manufactured by

Barker Bros., Indio, Calif.

ARTHUR CARDWELL

REAL ESTATE AND INSURANCE

Phone 335

Res., Coachella, California

Date Gardens and Early Vineyards My Specialty

**Vacant and
Improved Land**

**Some Exchanges
for City**

THE OLD RELIABLE

merits your confidence if
you are interested in

REAL ESTATE

I have spent twenty years in this valley and am thoroughly familiar with all local conditions. My list is complete, including Southern Pacific Railway land. It will save you time and money to consult me before you either buy or sell.

MY REFERENCES ARE:

Every Customer TO Whom I Have Sold Real Estate
Every Customer FOR Whom I Have Sold Real Estate

C. W. KING

INDIO, CAL.

This **Date Land** Will
also produce

The earliest ripening Fruits, Figs, Table Grapes, etc.
Tomatoes, Egg Plant, Peppers, for the May market.
The sweetest, finest quality Grape Fruit (Pomelo)
in America.

Located on the railroad where the soil is rich and the water FLOWS—in the South end of the great Coachella Valley.

For information write—

AMES & AMES

MECCA, CAL.

THE DEGLET NOOR DATE GROWERS ASSOCIATION

**A CO-OPERATIVE ORGANIZATION
OF GROWERS
PACKERS AND DISTRIBUTERS**

**Headquarters at
INDIO, CALIFORNIA
Riverside County**

MANY

of the recipes in this book are made with

Shredded Dates

which may be obtained from

The
Risher Date Gardens

INDIO, Riverside County, CALIFORNIA

24 Ozs. Sterilized in Glass, \$1.25, prepaid to destination

12 Ozs. Sterilized in Glass, 70 Cts., prepaid to destination

In cartons at the rate of 50c per pound, destination

LIBRARY OF CONGRESS



0 014 524 470 5

